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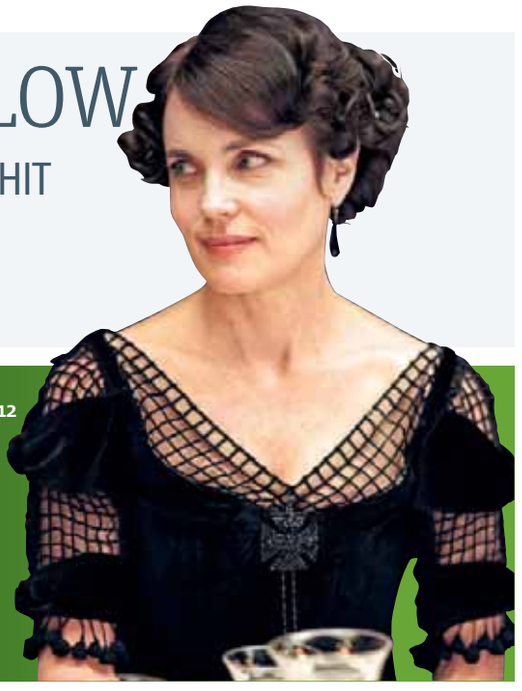
SEASON 3 TRAILER FOR THE PBS MEGA-HIT DOWNTON ABBEY FEATURES SPOILERS APLENTY PAGE 16



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Accused Aurora shooter silent, appears dazed in court hearing

Investigation.
Colorado police say it could take months to learn what prompted midnight massacre

A former doctoral student accused of a deadly shooting rampage at a midnight showing of the new Batman movie in Colorado appeared in court for the first time on Monday, though he didn't seem to be there at all.

Unshaven and appearing dazed, James Holmes sat virtually motionless, his brown hair dyed a shocking shade of orange. It was the world's first glimpse of the 24-year-old since Friday's massacre left 12 dead and 58 injured in one of the worst mass shootings in U.S. history.

Holmes didn't say a word.

Prosecutors said later they didn't know if Holmes was on medication. Authorities have said he is being held in isolation.

The hearing in Centennial, Colo., was also the first confirmation that Holmes's hair was coloured. Soon after the shooting, there were reports of his hair being red and that he called himself "The Joker" when he was arrested. The Joker is one of Batman's enemies in the fictional Gotham and has brightly coloured hair. But it was not confirmed that Holmes told officers he was Batman's nemesis.

Holmes, whom police say was clad in body armour and armed with an assault rifle, a shotgun and handguns during the attack, was refusing to co-operate in the investigation, authorities said.

After the hearing, prosecutor Carol Chambers said that "at this point, everyone is interested in a fair trial with a just outcome for everybody involved." Chambers said earlier that her office is considering pursuing the death penalty against Holmes. She said a decision will be made in consultation with the victims' families.

Holmes is expected to be formally charged next Monday. He is being held on suspicion of first-degree murder, and could face additional counts of aggravated assault and weapons offences. He has been assigned a public defender.

Security at the hearing was tight. Uniformed sheriff's deputies were stationed outside, and deputies were positioned on the roofs of both court buildings at the Arapahoe County Justice Center.

THE ASSOCIATED PRESS

MORE COVERAGE, INCLUDING REACTION FROM THE VICTIMS' FAMILIES, ON PAGE 7

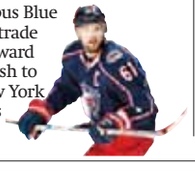
Accused gunman James Holmes appears in Arapahoe County District Court on Monday in Centennial, Colo.
RJ SANGOSTI/DENVER POST/THE ASSOCIATED PRESS/POOL

Hwy. bridge a local hotspot

The Highway 1A bridge, where a 21-year-old man jumped into a lake and drowned Sunday, has been a popular spot for decades PAGE 3

NYC-bound

Columbus Blue Jackets trade star forward Rick Nash to the New York Rangers PAGE 24



No Hollywood ending

Tom Cruise and Katie Holmes seemed to be solid, but 'happily ever after' in Tinseltown may be a mission impossible PAGE 18

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Fire safety

Hospital owners charged with fire-code violations

For the second time in four years, the Calgary Fire Department has laid fire-code-related charges against the owners of a city hospital.

Officials announced Monday that Enterprise Universal's Peter and Ian Huang face nine charges after fire-code issues were found during a recent inspection at the Holy Cross Hospital in the city's southwest.

Enterprise pleaded guilty to similar charges in 2008 and was slapped with a $30,000 fine.

The charges announced Monday include failure to maintain fire alarms, sprinkler systems and proper system records.

Peter and Ian Huang are scheduled to appear in court Aug. 1.

JEREMY NOLAIS/METRO

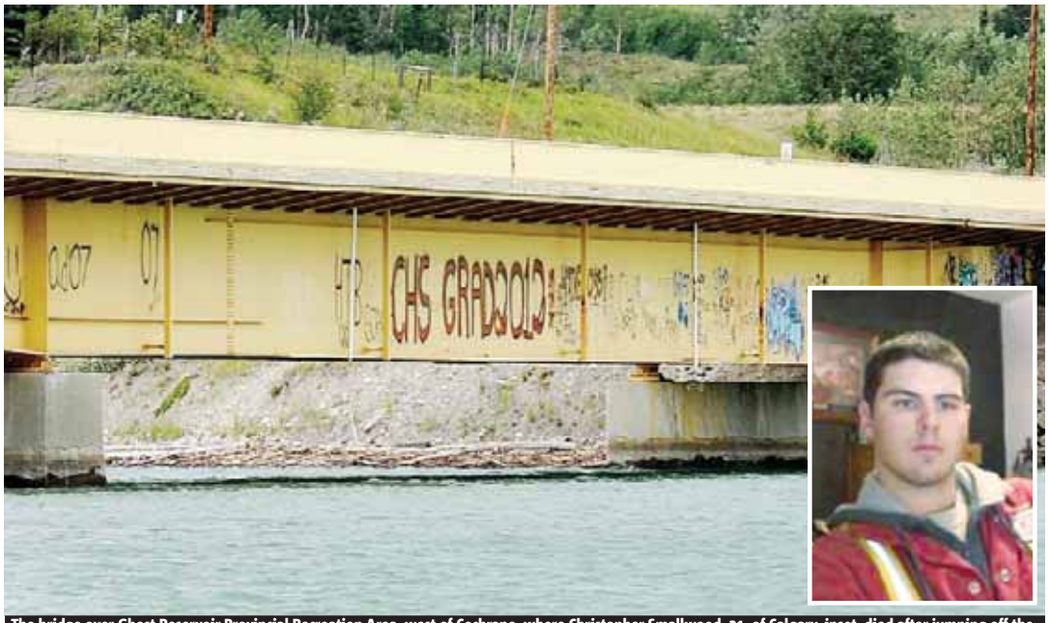
Northern Gateway

Alta. responds to B.C.'s conditions for pipeline

The Alberta government responded swiftly to the British Columbia government's conditions for the approval of the Northern Gateway pipeline.

The National Energy Board review of the project and the extra $500 million Enbridge is planning to spend on monitoring and safety "mitigate the environmental risk and weaken the B.C. government's argument for compensation based on potential risk," Alberta Premier Alison Redford said in a statement.

THE CANADIAN PRESS



The bridge over Ghost Reservoir Provincial Recreation Area, west of Cochrane, where Christopher Smallwood, 21, of Calgary, inset, died after jumping off the bridge on Sunday. CANDICE WARD /FOR METRO; INSET: FACEBOOK

Drowning victim a 'phenomenal guy'

Popular spot. Area youngsters have leaped from Highway 1A bridge into lake for decades

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Hours before he took a fateful plunge into a lake west of Cochrane, 21-year-old Christopher Smallwood took in a church service with his beloved family in Black Diamond.

The young construction worker had only recently moved to Calgary to be closer to work but had already impressed his bosses and made some close friends.

Sunday afternoon, he and a number of co-workers ventured to Ghost Lake and leaped from a bridge 25 feet over the cold water.

Witness accounts suggest Smallwood surfaced briefly after the jump but struggled to keep up with his fellow divers. A few moments later he slipped below the water.

A stranger equipped with deep-water dive equipment managed to recover the 21-year-old, but he was unconscious and could not be resuscitated.

"He was a phenomenal guy," friend and co-worker James Martin told Metro on Monday. "This is really hitting home hard for a lot of us."

The same Highway 1A bridge has been a hotspot for Cochrane thrill-seekers for decades, as area residents report graduating Grade 12 students make an annual plunge off the structure during a celebration known as "Dam Day."

"There needs to be more education," said Thomas Hardy, who graduated from Cochrane High School two years ago. "If you can't swim well or something, you probably shouldn't be jumping."

But RCMP Cpl. Gary Fedrau said his detachment would rather see people steer clear of the bridge jump altogether.

"All kinds of things can go wrong," he said. "It's not really worth the risk."

Follow Jeremy Nolais on Twitter @Metro_Nolais

Friends visit family

Friends of drowning victim Christopher Smallwood who made the leap from a Highway 1A bridge alongside him spent time with his family Monday. Details regarding the 21-year-old's funeral had yet to be made public.

1 NEWS

On the web

Athletic prowess redefined

We're only a few days away from the opening ceremonies in London and already a group of Paralympians is stealing the spotlight with their talents. Go to metronews.ca to read more.

Mobile news

A Czech artist has gone the extra mile in celebrating the Olympics by creating a six-tonne double-decker bus that groans and grunts as it does pushups for the public. Scan the code to watch.

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London Olympics. Take in the thrills on Stephen Avenue's big screen

For those of us unable to be in London during the 2012 Olympics, Downtown Calgary wants to bring us as close to the action as possible via a massive LED screen on Stephen Avenue.

The nine-foot-wide moveable television, mounted on top of a trailer, will air coverage of the sporting events during the Games' 17 days.

Some additional Olympic-related activities will also take place along the famed 8th Avenue mile, said communications manager Caralyn Macdonald.

Fans and sports enthusiasts alike will be able to come out and cheer on Team Canada while also enjoying some outdoor summer air, she added.

The trailer will make its debut on Friday.

CELESTE DE MUELENAERE/FOR METRO

Viewing schedule

- To find the daily location of the screen and information on scheduled events, visit downtowncalgary.com
- Friday's screening will start in the 300 block of 8th Avenue between 2nd Street and 3rd Street S.W.

Mental-health concerns

Psych evaluation ordered for teen sex offender

A 13-year-old Calgary boy's sentencing for sexually assaulting a four-year-old boy while in foster care has been postponed due to mental-health concerns.

The youth-court judge said Monday that psychiatric and psychological court reports raise concerns, and ordered the youth be assessed to see if he was fit to stand trial. The boy, who cannot be named, pleaded guilty in March. The case will return to court Aug. 21.

METRO

Tight squeeze at Peace Bridge frustrates some commuters

Some cyclists traveling on Calgary's Peace Bridge on Monday seemed confused by a sign ordering them to dismount if pedestrians are present.

JEREMY NOLAIS/METRO

Construction. Crews still working on plaza along Memorial Drive

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Thousands crossing Calgary's Peace Bridge every day are being forced to navigate a narrow and tricky temporary entrance that has left some commuters scratching their heads.

Work on the plaza leading to the red-and-white span off Memorial Drive has led crews to cut the entrance in half and install warning signs ordering cyclists to dismount if pedestrians are present.

But a member of the plaza construction team told Metro Monday that few are heeding the warning.

A quick stop by the bridge in the early afternoon revealed congestion issues and one near-catastrophe as a jogger was forced to duck underneath a metal rod being moved across the bridge entrance.

Other commuters seemed confused about the signage.

"I stopped because I got kind of nervous after seeing the beams," said cyclist Brad Smith. "It makes you wonder why all of this wouldn't have been done before they opened it."

Ald. Druh Farrell said commuters can expect some minor inconveniences over the short-term as finishing touches continue to be made on the area surrounding the $25-million bridge.

"We ask motorists to obey the rules during construction, the same should apply to cyclists," she said.

Donna Sinclair with the City of Calgary parks department assured Peace Bridge users that safety is the No. 1 priority for crews working on the plaza.

"We don't want to close it if we don't have to," she said.

Monitoring

A representative with the city bylaw department said that bike-patrol officers will be monitoring the entrance during plaza construction and that they have the authority to ticket violators.

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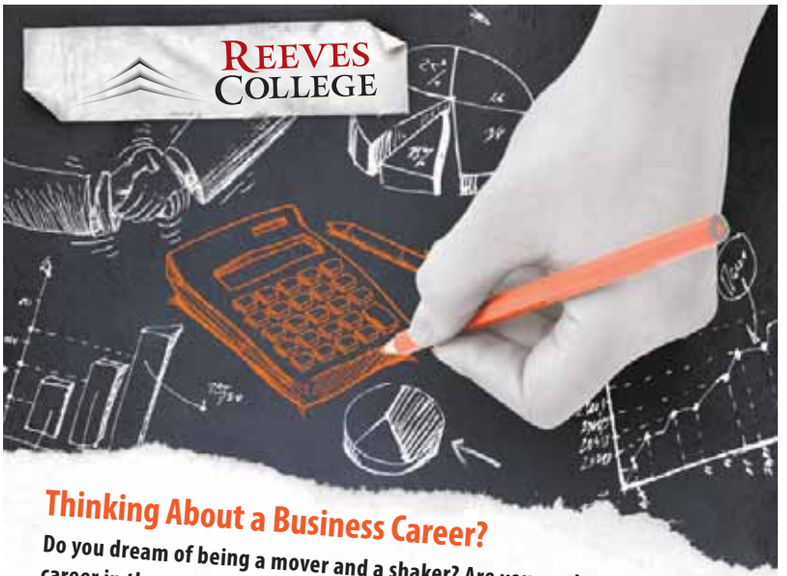

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This mural, located in the BMO Centre, is one of many that the Stampede is refurbishing as part of the centennial. The plan is to add to an art walk on the grounds. CANDICE WARD/FOR METRO

Centennial legacy extends after Stampede ends

Relevance. New committee is looking to work more with community groups

TESSA CLAYTON
calgary@metronews.ca

The midway has packed up and the cowboys shipped out, but the Stampede's centennial legacy will continue.

"When we set up centennial, we set up three pillars .... Any idea that came forward had to fit within these pillars," said centennial strategist Laura Babin.

One of those pillars was building a legacy — overseeing creation of new partnerships and initiatives.

That includes things like art walks on the grounds, a "living diary of memories" and participating in the Cultural Access Pass through the Institute of Canadian Citizenship.

But what they're most proud of are inroads the newly formed community development committee (CDC) has made, said Sarah Stall, communications advisor.

The CDC works with local community groups and branched out into rural areas of the province, too, through the White Hat Roundup.

Babin said that was interesting because it brought pieces of the Stampede to local events, and assets to help improve it, but tailored to what the local community was about.

The Stampede already participates in community events but wants to shake the stereotype of the flashy 10 days.

"I think what we can bring to Calgary and the communities as a lasting piece is how we work with them and develop our partnerships to make them feel more part of the Calgary Stampede," Babin said.

"It's everyone's event and that's what we want to impress moving forward — the Stampede wouldn't be here without the involvement of the community."

Fall meeting

- Stampede committees will meet in the fall, which is when they will find out what initiatives they can continue with in the future.

Autopsy results

Foul play ruled out in toddler's death: Examiner

On completion of an autopsy on Monday, the chief medical examiner determined no foul play was involved in the recent death of a two-year-old boy.

The boy was discovered unresponsive in a northeast Calgary home in the 0-100 block of Templehill Place N.E. at approximately 12:10 p.m. on Friday. Further tests will be done to determine the cause of death, but police say the results of those tests may take a year to obtain. METRO

Pets. Humane society's call for help answered

The Calgary Humane Society has seen an influx of adoptions following a plea last week informing Calgarians that the organization was well above capacity.

Admissions at the society were coming in at a rapid rate, bringing the total number of animals under its care up to 710 as of last Tuesday — well above its estimated capacity of 400 animals.

Spokesperson Christy Thompson said that people responded to the call for help with several adoptions and that many people held off on surrendering their animals.

"We had 81 (adoptions) over the last week," she said, adding the norm is usually about 50 per week. "Definitely we had some people say they could hold off on bringing their animals in."

Thompson said the society encourages those looking to surrender a pet to consider all other possible options before bringing them in.

Those considering surrendering a pet because of behavioural issues can call the CHS helpline at 403-723-605. KATIE TURNER/METRO

Family members of the victims of Friday's mass shooting in Aurora, Colo., comfort each other during a prayer vigil.
TED S. WARREN/THE ASSOCIATED PRESS

Families watch dazed shooting suspect in court

Aurora shootings. Emotions run high with victims' families expressing anger

As accused Colorado theatre gunman James Holmes made his first court appearance on Thursday, relatives of the shooting victims leaned forward in their seats to catch their first glimpse of him.

Some stared at him the entire hearing, including Tom Teves, whose son, Alex, was killed in the shooting. Two women held hands tightly, one shaking her head.

His dazed demeanour appeared to anger the relatives of some of the victims who attended the hearing and stared at him the entire time. David Sanchez, who waited outside the courthouse during the hearing, said his pregnant daughter escaped uninjured but her husband was shot in the head and was in critical condition. His daughter was delivering her baby on Monday.

"When it's your own daughter and she escaped death by mere seconds, I want to say it makes you angry," Sanchez said. He said his daughter, 21-year-old Katie Medely, and her husband, Caleb, 23, had been waiting for a year to watch the movie.

Asked what punishment Holmes should get if convicted, Sanchez said, "I think death."

At a news conference in San Diego, where Holmes' family lives, their lawyer, Lisa Damiani, refused to answer questions about him and his relationship to the family. She said later: "Everyone's concerned" about the possibility of the death penalty. Damiani said the suspect's mother had no idea her son was believed to be the gunman until she was contacted by a reporter.

Police have said Holmes began buying guns nearly two months before the shooting and that he received at least 50 packages in four months at his home and at school.

THE ASSOCIATED PRESS

Gun control

Candidates avoid touchy subject

The White House's only remarks on gun control have been to say the president backs the country's existing laws — even though the alleged Aurora gunman legally acquired weaponry.
THE CANADIAN PRESS

Warner Bros.

Trailer pulled

Warner Bros. has moved to pull trailers of Gangster Squad, which includes a scene of mobsters firing into a crowded movie theatre. THE ASSOCIATED PRESS

PhD. University reticent to offer suspect details

Officials at the University of Colorado Anschutz Medical Campus were looking into whether Holmes used his position in a graduate program to collect hazardous materials, but that disclosure was one of the few it has made three days after the massacre.

It remained unclear whether Holmes' professors and classmates at his 35-student PhD program noticed anything unusual about his behaviour.

His reasons for quitting the program in June also remained a mystery. Holmes recently took an intense oral exam that marks the end of the first year. University officials would not say if he passed, citing privacy concerns. THE ASSOCIATED PRESS

James Holmes ARAPAHOE COUNTY SHERIFF'S OFFICE/THE ASSOCIATED PRESS

Somali pirate case

Judge dresses down prosecutors

The U.S. federal judge overseeing the case of a Somali man accused of negotiating a ransom payment during a 2008 pirate takeover of a merchant ship is furious that prosecutors are now saying the man had been in international waters for only 24 to 28 minutes and they can't specify how he facilitated piracy during that time. THE ASSOCIATED PRESS

Nuclear submarine

Man who set fire to sub wanted to leave work early

A civilian labourer set a fire that caused $400 million US in damage to a nuclear-powered submarine because he had anxiety and wanted to get out of work early, Navy investigators said Monday.

Casey James Fury, 24, faces up to life in prison if convicted of two counts of arson in the fire aboard the USS Miami attack submarine while it was in dry dock May 23 and a second blaze outside the sub on June 16. THE ASSOCIATED PRESS

In this May 23 photo, a fire burns on a nuclear submarine at the Portsmouth Naval Shipyard in Maine. JEAN MACKIN/WMUR/THE ASSOCIATED PRESS

Honolulu

Earhart search fails to find wreckage

A $2.2-million US expedition that hoped to find wreckage from Amelia Earhart's final flight is on its way back to Hawaii without the dramatic, conclusive plane images searchers hoped to attain. But the expedition group says it still has a great deal of video and sonar data to pore over. THE ASSOCIATED PRESS

War-crimes case against ex-Canadian is solid: Experts

Budapest. 97-year-old accused of brutality during his alleged time as chief of an internment camp

Alleged Hungarian war criminal Laszlo Csatary leaves the Budapest prosecutor's office on Wednesday. MTI, BEA KALLOS/MTI/THE ASSOCIATED PRESS

The evidence against a 97-year-old former Canadian citizen accused of abusing Jews and helping deport thousands during the Holocaust is much stronger than a similar case last year that ended in a high-profile acquittal, experts say.

Hungarian Laszlo Csatary's role as a police officer and chief of an internment camp from where 12,000 Jews were deported to their deaths in Auschwitz and other Nazi death camps is amply documented and there are strong witness statements about his brutality, they said.

Authorities charged Csatary last week with "unlawful torture of human beings," accusing him of being present in 1944 when trains bound for death camps were loaded and sent on their way, regularly using a dog whip to strike detainees and in one case refusing to cut holes in a train car to allow people to breathe. He faces a maximum sentence of life in prison.

"He ruled over life and death," said Adam Gellert, an expert in international criminal law who has been researching the Csatary case. "He deported people who were supposed to be spared and committed a series of sadistic acts."

Csatary was convicted in absentia for war crimes in Czechoslovakia in 1948 and sentenced to death. He arrived in Nova Scotia the following year, became a Canadian citizen in 1955 and worked as an art dealer in Montreal.

He appears to have been living quietly in Budapest since 1997, when, Canadian authorities say, he left the country voluntarily to avoid deportation. Csatary's citizenship had been revoked earlier on the grounds that he had lied about his past when he first immigrated to Canada. THE ASSOCIATED PRESS

Student exchanges. U.S. organization suspended over rule violations

An organization that has brought thousands of foreign exchange students to the United States is telling its staff and host families that it will fight a State Department decision to suspend the company from the popular visa program, according to an email obtained by The Associated Press.

The San Diego-based Pacific Intercultural Exchange, or PIE, has been one of numerous companies designated by the State Department as an official sponsor to arrange exchanges for high school students. The sponsors often charge fees that can add up to thousands of dollars. The State Department suspended PIE from the program last week for undisclosed rule violations. The organization can appeal.

Students affected

- The suspension affects eight students in the U.S. now and about 455 from 18 countries that Pacific Intercultural Exchange had recruited, the State Department said.
- The agency said it's working with the students here and that other sponsors are trying to find host families for the ones who haven't arrived.

The AP obtained an email from PIE to host families and staff members that said it will vigorously oppose the suspension. THE ASSOCIATED PRESS

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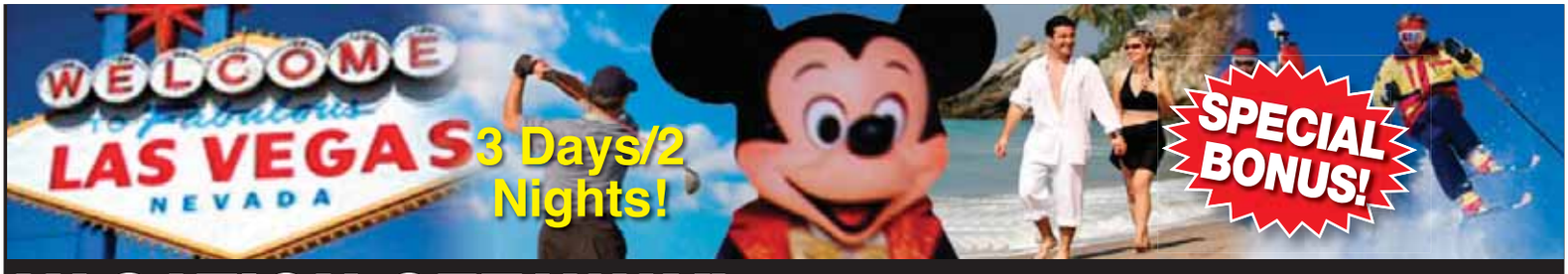

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Penn state football spared but crippled

Penn State student Laura Lovins, centre, reacts to sanctions against the school's football program. GENE J. PUSKAR/THE ASSOCIATED PRESS

Scandal. Program where convicted sex offender Jerry Sandusky was assistant coach ordered by NCAA to pay $60M

A potential exodus of star athletes. No hope of playing in the post-season. More than a decade of accomplishments erased from the record books. And Joe Paterno's legacy in shreds.

Penn State football, a longtime powerhouse that was once one of the cleanest, most admired programs in college sports, escaped the so-called death penalty from the NCAA on Monday but was dealt a heavy blow that will cripple it for years to come.

The university agreed to an unprecedented $60-million US fine, a four-year ban from post-season play and a cut in the number of football scholarships it can award — the price it will pay for having looked the other way while Jerry Sandusky brought boys onto campus and molested them.

The NCAA also erased 14 years of victories, wiping out 111 of Paterno's wins and stripping him of his standing as the most successful coach in the history of big-time college football.

"Football will never again be placed ahead of educating, nurturing and protecting young people," NCAA president Mark Emmert declared.

Penn State meekly accepted its punishment, pledging to hold itself to high standards of honesty and integrity.

Nicole Lord, a senior, questioned why Penn State's student body, and especially its athletes, should be punished "for the wrongs of three men and a monster."

"They keep breaking our hearts and breaking our hearts and breaking our hearts," she said.

The NCAA's punishment was announced a day after the school took down a statue of Paterno that stood outside Beaver Stadium.

THE ASSOCIATED PRESS

15 years of abuse

Sandusky, a former member of Paterno's coaching staff, was found guilty in June of sexually abusing 10 boys over 15 years, sometimes on campus.

- An investigation commissioned by the school and released July 12 found that Paterno, who died of lung cancer in January at age 85, and three other top officials at Penn State concealed accusations against Sandusky for fear of bad publicity.

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Syria threatens to use chemical weapons

A Syrian refugee carries his injured son at Al-Bashabshy Refugee camp in Al-Rumtha, Jordan. MOHAMMAD HANNON/THE ASSOCIATED PRESS

Desperate warning. Western concerns over long-suspected chemical stockpiles have deepened as rebels gain momentum in fight to oust Assad regime

Syria threatened Monday to unleash its chemical and biological weapons if the country faces a foreign attack, a desperate warning from a regime that has failed to crush a powerful and strengthening rebellion.

The statement — Syria's first-ever acknowledgement that the country possesses weapons of mass destruction — suggests President Bashar Assad will continue the fight to stay in power, regardless of the cost.

During a televised news conference Monday, Foreign Ministry spokesman Jihad Makdissi stressed that the weapons are secure and would only be used in the case of an external attack.

"No chemical or biological weapons will ever be used, and I repeat, will never be used, during the crisis in Syria no matter what the developments inside Syria," he said. "All of these types of weapons are in storage and under security and the direct supervision of the Syrian armed forces and will never be used unless Syria is exposed to external aggression."

Israel and the U.S. are concerned that Syria's stockpile of chemical weapons could fall into the hands of Islamist militants should the regime in Damascus collapse.

Israeli Prime Minister Benjamin Netanyahu warned Sunday that his country would "have to act" if necessary to safeguard the arsenal from rogue elements. THE ASSOCIATED PRESS

Suspected stockpiles

Syria is believed to have nerve agents as well as mustard gas, Scud missiles capable of delivering these lethal chemicals and a variety of advanced conventional arms, including anti-tank rockets and late-model portable anti-aircraft missiles.

Iraq. Nationwide attacks kill at least 106

A startling spasm of violence shook more than a dozen Iraqi cities Monday, killing more than 100 people in co-ordinated bombings and shootings, and wounding twice as many in the country's deadliest day in more than two years.

The attacks came only days after al-Qaida announced it would attempt a comeback with a new offensive against Iraq's weakened government.

With the U.S. military gone and the government mired in infighting, the Iraqi wing of al-Qaida has vowed to retake areas it once controlled and push the nation back toward civil war.

Though there was no immediate claim of responsibility for Monday's attacks, nearly all of them struck in the capital and in northern Iraqi cities where al-Qaida can most easily regain a foothold.

So far this summer, militants linked to al-Qaida have claimed responsibility for a steady drumbeat of attacks designed to keep the government off-balance as it struggles to overcome a power struggle that pits Sunni and Kurdish leaders against the Shiite prime minister. THE ASSOCIATED PRESS

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Iran

Iranians protest food price hike

An Iranian news agency reports people have poured into the streets of a northeastern city to protest a steep hike in the price of chicken.

Protesters blamed mismanagement by President Mahmoud Ahmadinejad's administration, but the rare demonstration could be an indication of the effects of Western sanctions over Iran's suspect nuclear program. The sanctions have led to the collapse of Iran's currency and to subsidy cuts, raising prices of basic commodities. THE ASSOCIATED PRESS

Syria

Elections a path out of crisis: Iran

Iran's parliamentary speaker is proposing Syria hold presidential elections as a way to end the civil war between Syrian rebels and the regime of key Tehran ally President Bashar Assad.

Such a plan suggests Iran recognizes the growing pressures on Assad's regime and is seeking ways to preserve a pro-Iranian leadership in Damascus. THE ASSOCIATED PRESS

Cyprus. No links between local and Bulgarian terror suspect: Minister

A man held on suspicion of helping to plan attacks against Israeli tourists in Cyprus displayed similar behavioural patterns to a suicide bomber who killed six in a Bulgarian seaside resort, the island's justice minister said Monday, but stopped short of drawing any links between the two.

Minister Loucas Louca said that the case was "very sensitive," and although the actions were not similar "some patterns of his behaviour were the same as that of the terrorist in the Bulgarian terrorist attack."

Louca said the 24-year-old suspect belonged to an organization that is not on a European Union list of known terrorist groups. THE ASSOCIATED PRESS

Suspect

Cyprus authorities have remained tight-lipped about the man's identity or his intended target, but have said they believe he was acting alone.

- State media have widely reported the suspect to be a Swedish passport holder of Lebanese descent with affiliations to Lebanon's Hezbollah, who was monitoring and recording the movements of Israeli tourists.

Egypt. New measures to ease travel restrictions for Palestinians

Egypt is allowing freer temporary entry for Palestinians in an unprecedented move that eases long-imposed travel restrictions, particularly on Gazans, Egyptian and Palestinian officials said Monday.

The decision has caused confusion among security agencies — and appeared to bring some resistance. Some officers at the airport refused to implement the measures, an airport official said.

The changes appear to be a gesture to the Palestinians after separate meetings last week between Egypt's president, Mohammed Morsi of the Muslim Brotherhood, and Palestinian leader Mahmoud Abbas and the leader of Hamas, Khaled Mashaal, whose group controls Gaza. THE ASSOCIATED PRESS

Palestinian leader Mahmoud Abbas THE ASSOCIATED PRESS

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Commodities

Chinese investment in Canada rising

China's shopping spree in the Canadian oil patch is a sign of more to come as the commodity-hungry country looks to secure energy supplies to feed its economic expansion, experts say.

In addition to the blockbuster Nexen deal, Talisman Energy has announced it's selling a 49 per cent interest in its U.K. division to Chinese firm Sinopec Corp. for $1.5 billion.

Canada has "shot up on the chart" of Chinese overseas investment recently, notes Wenran Jiang, an expert on China who advises Alberta's department of energy. THE CANADIAN PRESS

Nexen to be acquired by Chinese firm for $15B US

Takeover bid. Friendly deal with state-owned oil company still subject to approval by shareholders, regulators and government

A major Canadian oil company is being acquired by China National Offshore Oil Co. in a $15.1-billion US deal that, if successful, will be China's largest-ever overseas acquisition.

With promises of making Calgary the base of its Western-hemisphere operations, plans to list its shares on the Toronto Stock Exchange, and vows to keep all current Nexen employees and management, CNOOC says its cash bid for Nexen shows they "are in Canada to invest."

Nexen chief executive Kevin Reinhart addresses the company's annual meeting in Calgary last April. JEFF MCINTOSH/THE CANADIAN PRESS

"We intend to be a local company as much as a global one," CNOOC chief executive Li Fanrong told reporters on a conference call Monday.

The friendly deal is still subject to shareholder, regulatory and government approval — and CNOOC says it reached out to the federal government ahead of Monday's announcement.

The Chinese state-owned company will base its North and Central American operations — including $8 billion in existing CNOOC assets — out of Calgary, said Li.

For years leading up to Monday's announcement, Nexen had been a perennial subject of takeover speculation.

Last week, the company reported that second-quarter profits tumbled nearly 57 per cent as it took a charge on an unsuccessful well in the Gulf of Mexico. Late last year it was shouldered out of a major project in Yemen amid political strife in the Middle Eastern country.

CNOOC already had a 35 per cent stake in Long Lake after it took over Nexen's erstwhile partner Opti Canada Ltd. for $2.1 billion last year. The two companies also work together in the Gulf of Mexico.

The transaction still requires two-thirds of Nexen shareholders to approve the agreement at a special meeting to be held by Sept. 21. Preferred shareholders would receive $26 in cash, plus accrued dividends. THE CANADIAN PRESS

Financial survey

More than half of retired Canadians in debt: CIBC poll

More than half of retired Canadians hold some form of debt that may cut into their retirement plans and cash flow, a new CIBC poll suggests. According to the survey, 59 per cent of retired Canadians are currently in debt, compared to 76 per cent of non-retirees. CIBC says the results highlight the need for Canadians to have a good debt-repayment strategy, especially as they approach retirement. THE CANADIAN PRESS

Market Minute

DOLLAR 98.35¢ US (-0.4¢)

TSX 11,545.54 (-77.37)

OIL $88.14 US (-$3.69)

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- Intermediate knowledge of Microsoft Office - Word, Excel & Outlook
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IInterested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than July 31, 2012. PLEASE QUOTE: "Office Manager - Calgary" in the subject line. All submissions will be treated as confidential.

metro

NO RETAIL LOYALTY IN OUR HOME AND NATIVE LAND

SHE SAYS...
Jessica Napier
metronews.ca/shesays

Back in my teenage years, I couldn't resist the call of the mall from down south. Saturdays were often spent in lineups at the U.S. border crossing as I gave in to the allure of America's mysterious retail options.

On one particularly uncomfortable drive back to Canada, I ripped off the price tags and wore five pairs of Victoria's Secret underwear underneath a newly acquired pair of Abercrombie and Fitch jeans in order to avoid paying duty on my purchases. It was all part of the thrill of cross-border buying — the cheap exoticism of American brands and an all-you-can-eat pasta dinner at the Olive Garden.

Infiltration

"Target's mission statement might be 'Expect more, pay less,' but I suspect Canadians won't be enjoying their designer collaborations at the same reasonable prices as our American neighbours."

But over the years, U.S. stores have been rapidly infiltrating the Canadian retail landscape and the appeal of these stateside shopping excursions has waned considerably. Now a second wave of American retail occupation is coming in the form of high-profile department stores.

Designer-discount emporium Marshalls moved into Ontario in 2011. Target will be setting up shop in vacated Zellers sites across the country next year. Now rumours are circulating that upscale retailer Nordstrom will be taking over three Sears locations this fall in Vancouver, Calgary and Ottawa, with talks underway about a home in Toronto.

Our homegrown retailers are closing their doors to make way for monolithic born-in-the-U.S.A. department stores — cavernous labyrinths filled with never-before-seen snack foods and discounted American-flag bikinis — and yet all we seem to care about is the fact that we'll be able to buy all of Oprah's favourite things close to home.

For many consumers, if the price is right, it doesn't really matter where it comes from. Who needs patriotism when you can buy a Jason Wu for Target dress at $54.99?

I'll admit the gingham-loving prepster in me whooped for joy when J.Crew announced it would be bringing its Cape Code couture across the border. But the thrill was short-lived as I soon realized that they wouldn't be importing the attractive price tags along with their colourful sweater sets.

Target's mission statement might be "Expect more, pay less," but I suspect Canadians won't be enjoying their designer collaborations at the same reasonable prices as our American neighbours.

Canadian shoppers will probably get over the novelty of these American imports relatively quickly, and then what? Target and Nordstrom will just become more chain stores in a depressing landscape of big-box retailers.

Personally, I don't really want to walk into my local mall and feel like I could be in Anywheresville, U.S.A.

A shopper is seen leaving a Nordstrom department store in Los Angeles. Nordstrom is seen as a competitor to existing upscale retailers like Holt Renfrew, Harry Rosen and the Bay. JAE C. HONG/THE ASSOCIATED PRESS

Journey to the last ice area begins

METRO/CONTRIBUTED/PAUL NICKLEN/NATIONAL GEOGRAPHIC STOCK/WWF-CANADA

Water, water everywhere

WWF begins Arctic expedition

A polar bear and her cub are seen resting on an iceberg in the Arctic Ocean in Canada.

Imagine a future when most of the Arctic's summer sea ice has melted, leaving the last ice area in the High Arctic Ocean.

Researchers have projected that the Canadian High Arctic and Northern Greenland will be the last place where sea ice will persist past 2050.

Teaming up with the WWF, Metro will track a voyage to the last ice area.

A team of researchers and WWF experts will sail some 7,000 kilometres over the course of six weeks, from Greenland all the way to Nunavut, speaking to communities along the way that will be affected by the continued thinning of the sea ice.

The team's findings during each stop will be documented in video blogs, photos and interviews.

METRO

The team will be arriving in Upernavik, Greenland, Tuesday night. In the next two weeks the voyagers will visit communities along Greenland's northwest coast.

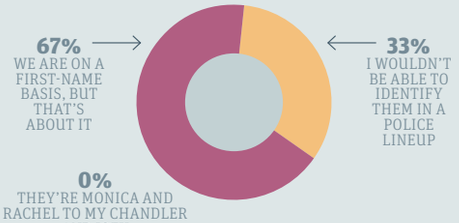
Online

- For the latest updates from the Arctic research team and to track their journey on the interactive map, check out the features section at metronews.ca.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How well do you know your neighbours?


67%
WE ARE ON A FIRST-NAME BASIS, BUT THAT'S ABOUT IT
33%
I WOULDN'T BE ABLE TO IDENTIFY THEM IN A POLICE LINEUP
0%
THEY'RE MONICA AND RACHEL TO MY CHANDLER AND JOEY

Twitter

@DonnaWilliams: Congrats to all the #yyc walkers who walked 60 km for women's cancers over the weekend! You are all amazing! @Wkend2End-Cancer #calgary

@sarahbuckham: The smell of rain makes my heart so happy! Thanks #yyc

@KamieWright28: #yyc I literally just looked out the window and it was pouring, 5 minutes later and it's a sun shiny day! Love #crazyweather

@NaughtyKnott: Only in #YYC will you have sun, rain, hail, gusting winds and back to sunny all within 10 min. #don-tblinkyoullmisseverything

@theheeltoehero: Ok #yyc make up your damn mind. Rain or be nice, not both.

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2

SCENE

Scene in brief

Rivers takes comedy to New Orleans

When comedian Joan Rivers thought her New York apartment was haunted about 15 years ago, she called on New Orleans voodoo priestess Sallie Ann Glassman to perform a "spiritual cleansing" of the brownstone. Glassman said the pair became friends during that meeting, at which Glassman wore a flowing white gown and chased off the disturbing spirits in a night of rituals. "Sallie Ann Glassman is my spiritual guide, my sounding board, my friend. Sallie arrived in New York — white garb and paraphernalia in tow — and after an unusual night, she not only cleaned out my apartment but all the apartments in my building," Rivers said. "It worked." Next month, the comedian is heading to New Orleans to return the favour. The sharp-tongued Rivers will host two stand-up shows benefiting Glassman's New Orleans Healing Center — an incubator for about two dozen businesses and organizations focused on what Glassman describes as the "environmental, spiritual, economic, cultural, emotional and physical healing of New Orleans" after hurricane Katrina. Rivers will perform at Cafe Istanbul, the 3,800-square-foot performance hall at the New Orleans Healing Center.

THE ASSOCIATED PRESS

On the web

Young Hollywood aims for fun fashion at the Teen Choice Awards

DVD reviews

Keyhole

Director. Guy Maddin

Stars. Jason Patric, Isabella Rossellini

●●●●○

"So many locked doors and they all have to be opened!" exclaims Ulysses Pick (Jason Patric, niftily cast), the tumbled central figure of Keyhole, Guy Maddin's mad mélange of melodramatic ghosts and meddlesome mobsters. The literary spawn of Joyce and Homer, Ulysses isn't one for convention: he and his gang bust into a house that's inhabited by restless spirits (and a stuffed wolverine), surrounded by cops and racked by a thunderstorm ("Man's weather!" in his estimation). "Remember, Ulysses, remember!" exhorts the ghost of Ulysses' late father (Louis Negin), who resides upstairs, naked and chained suspiciously close to Hyacinthe (Isabella Rossellini), his daughter and Ulysses' ex, who also appears to be extinguished. Keyhole is suffused with genuine sadness, straight from the unbridled ID of Maddin (and Freud), but much mirth intrudes. The film resists easy analysis, more so than usual for Maddin, but make no mistake, this is one of his great ones.

PETER HOWELL

Footnote

Director. Joseph Cedar

Stars. Shlomo Bar-Aba, Lior Ashkenazi, Aliza Rosen

●●●●●

The delightful Israeli film Footnote is wise to the comedy of frustration and alert to the tragedy of hubris, by way of a simmering father-son rivalry that boils over on matters of principle and ego. Writer/director Joseph Cedar's offering won screenplay honours at Cannes last year, but it also rated consideration for its stellar leads, both popular Israeli actors. Talmudic scholar Prof. Eliezer Shkolnik (Shlomo Bar-Aba) has toiled without trumpets for decades on his arcane comparisons of sacred texts, gaining little more than a footnote's worth of recognition. Egos, family tensions and conflicting notions of truth and integrity intrude and collide.

PETER HOWELL

Lady Mary (Michelle Dockery) has a fight with fiancé Matthew Crawley in a trailer for season 3 of Downton Abbey HANDOUT

Downton Abbey still the gem of PBS

Television Critics Association press tour. PBS unveils some interesting docs — but its mega-hit still drew the most excitement

AMBER RAY
Metro World News in New York

The Television Critics Association press tour, the semi-annual gathering of journalists to preview the new and returning series premiering this fall, took place on the weekend with a look at the offerings from PBS.

During the executive session, PBS president Paula Kerger addressed the decision to fire Market Warriors host Fred Willard after his arrest on suspicion of engaging in a lewd act in a Hollywood theatre last week. "Our concern really is that his circumstance would become a distraction to the series, which we're hoping will have an ongoing presence on public television," Kerger said. Because the series is currently in production, Kerger said they "needed to move fast" on their decision; Antiques Roadshow star Mark Walberg will take over hosting duties on Market Warriors.

Kerger also announced two new series: Ken Burns' The Roosevelts: An Intimate History, a 14-hour documentary on Theodore, Franklin and Eleanor Roosevelt, set to air in 2014; and Constitution USA with Peter Sagal, chronicling the journey of the Wait, Wait … Don't Tell Me host as he searches for ways that the U.S. Constitution lives and works in modern America.

PBS's most anticipated new drama, Call the Midwife, was responsible for the day's most comical TCA Twitter hash tag. Based on the bestselling memoirs of Jennifer Worth, the series tells the story of Jenny Lee, a young midwife working with an order of nuns in the poorest area of London in the 1950s.

As for portraying childbirth realistically without appearing graphic, "it's all about (camera) angles," says series star Jessica Raine, who portrays Jenny. Several prosthetic newborns were also created as props. "We got one baby with a detachable willy so it could be a boy or a girl baby," Raine admitted, prompting the hash tag #detachablewillies.

The day's big finale featured the cast and creator of the PBS megahit — and, as the network reminded critics with a sizzle reel full of parodies, pop culture phenomenon — Downton Abbey. Those in the packed ballroom were treated to a spoiler-filled trailer for Season 3, including a heated exchange between Lady Mary (Michelle Dockery) and fiancé Matthew Crawley (Dan Stevens), a magnificent battle of insults between the Dowager Countess (Maggie Smith, also not present) and Martha Levinson (new cast member Shirley MacLaine), and a devastating admission by Robert Crawley (Hugh Bonneville) to his wife, Cora (Elizabeth McGovern).

Downton Abbey Season 3 will premiere Jan. 6, 2013.

Star power. David Geffen is a man of few words — and certainly isn't vain

At the press tour, star-making legend David Geffen sat on a panel for the American Experience film documenting his career in music and film, Inventing David Geffen. He had been flown in from Sardinia specifically for the event, and seemed in a bit of a hurry to get back — his answers to critics' questions were short and not very quotable. Not until he was asked about the Carly Simon song You're So Vain, that is, and how he had been fingered as the subject of the tune.

"No, no. That is simply not true," he insisted.

David Geffen GETTY IMAGES

"Not to say I'm not vain, but I'm not *her* vain."

Inventing David Geffen will air Nov. 20.

AMBER RAY, MWN

The Dust Bowl

Film serves up a cautionary tale

Ken Burns's latest documentary, The Dust Bowl, was the focus of another panel. The film is about the disastrous dust storms that hit the American plains in the 1930s. Told mostly through the first-person accounts of survivors, the film premieres over two nights, Nov. 18 and 19. It's a timely event in American history to examine because "this is a cautionary tale … a story of our complex and often fraught relationship with the land," said Burns.

AMBER RAY, MWN

Half the Sky

Celebs shed light on oppression

Inspiring tales of human resolution also set the stage for Half the Sky, the documentary based on the bestselling book by Nicholas Kristof and Sheryl WuDunn about the oppression of women and girls. Also on the panel were actresses Meg Ryan, Diane Lane and America Ferrera, who travelled with the journalists to help tell the stories of those around the world fighting for women's rights. This documentary, premiers Oct. 1 and 2 as part of Independent Lens.

AMBER RAY, MWN

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Miley gets paranoid over Liam's co-star

THE WORD
Monica Weymouth
scene@metronews.ca

Noticeably missing from Sunday night's Teen Choice Awards was teen queen Miley Cyrus, who won in the Choice Hottie and Choice Fashion Icon categories despite being a no-show.

Cyrus spent the evening in Philadelphia, where her fiancé, Liam Hemsworth, is shooting Paranoia and they've been spotted hanging out for weeks.

So why didn't she make a quick trip back to L.A.? It seems Cyrus might have a little paranoia of her own: She's reportedly not happy with the amount of time Hemsworth has been spending with his Empire State co-star, Emma Roberts.

"Not only did she tell Liam it had to stop, she even confronted Emma, reminding her that Liam is off the market," a source tells PerezHilton.com.

"Miley more or less said, 'Hands off my man!' Emma couldn't care less what Miley thinks. She makes fun of Miley behind her back, saying she's just a washed-up tween star. Emma feels she has nothing to lose, so she's pushing it as far as she can with Liam."

We like your spunk, Emma. But at this point, Miley's one pair of tattered pink sweatpants away from being a Philly girl — back away slowly, and keep your eyes on those acrylic nails.

Twitter

@SarahKSilverman
When I die I wanna come back as the guy at work that gives all the girls shoulder massages

@ParisHilton
What a beautiful day in Cannes! The weather is perfect, so sunny today. Love it here.

@justinbieber
when u smile i smile. haha. MUCH LOVE. thanks

@SethMacFarlane
If you want to put a swift end to a boring first date, just say to the woman: "I predict you will bear me many fine sons."

Charlize isn't afraid to get naked with her co-stars

Charlize Theron isn't fazed by nude scenes — but she doesn't want audiences to get the wrong idea about her.

When asked by W Magazine if death scenes or sex scenes are more difficult, the Prometheus star says, "It depends on who you're doing the sex scene with. I don't have issues being naked." And then quickly adds, "That sounds very slutty."

Looking to clear things up, Theron says, "What I mean is, I'm not hung up on my body. I've been lucky to work with people I've been really comfortable with. I've had maybe two occasions where (I wasn't)."

Mila and Ashton just friends, or friends with benefits?

Ashton Kutcher and Mila Kunis.
ALL PHOTOS GETTY IMAGES

Though Mila Kunis and Ashton Kutcher have maintained they're just friends, that line seems to be wearing thin — especially considering the pair's recent public displays of affection.

Kunis reportedly tagged along with Kutcher to a party in L.A. over the weekend, where eyewitnesses say the former That 70s Show co-stars sat close and shared a few kisses, trying in no way to hide their feelings for each other, according to Us Weekly.

And earlier this month, the pair put on quite a show during an intimate meal at the Soho House. "They were seated on a couch on the same side of the table, and Mila was running her hands through Ashton's hair," a source says. "She had her elbow resting on his back and couldn't stop playing with his hair and rubbing his shoulders."

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Health minute

Ending AIDS possible, says researcher

The leading U.S. AIDS researcher says science has provided the tools needed to slash new infections even without a vaccine — if countries will put them into place. Dr. Anthony Fauci told the International AIDS Conference Monday that it won't be easy or happen overnight. In his words, "no promises, no dates but we know it can happen." Fauci says that "we want to get to the end of AIDS" but that "a lot of people, a lot of countries, a lot of regions have a lot to do." Topping that list of tools is better treatment of people who already have HIV, so they're less likely to spread the virus. But Fauci also called male circumcision a "stunningly successful" step, pointing to part of Uganda that's stressing that step.

THE ASSOCIATED PRESS

On the Web

Celebrity pregnancies blamed for eating disorders among pregnant Canadians

Marriage: impossible

Divorce. As power couple Tom Cruise and Katie Holmes split, we look at why lust-based Hollywood and quickie marriages rarely end in a happily ever after

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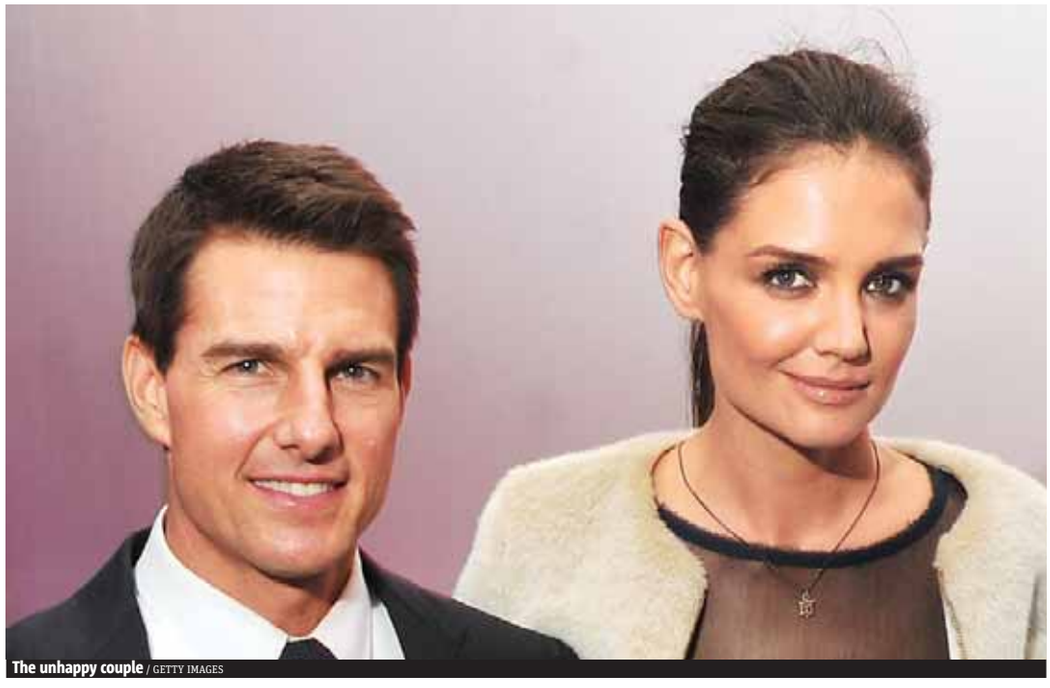

The unhappy couple / GETTY IMAGES

Tom Cruise and Katie Holmes seemed to have one of Hollywood's most solid relationships. But on June 29 Holmes filed for divorce after five years of marriage. Are we surprised? Not really. The actress had already told Elle magazine: "He has been Tom Cruise for 30 years … I know who I am and where I am and where I want to go. I'm starting to come into my own. It's like a new phase."

Cracks were beginning to show, quite normal for a Hollywood marriage, but why do so many of them fail?

Romance is like a drug; it's addictive

"The parts of the brain that light up when you're in love are the same that light up when doing cocaine," says dating coach Evan Marc Katz. "There's an addictive quality to toxic relationships. People become addicted to the highs and lows.

"Every second you're with the wrong person is every second you're not with the right person," he adds. "Ending a bad relationship is addition by subtraction."

If the relationship is a burden and you no longer feel connected, breaking up is the only way you'll eventually find the right person. That said, Katz doesn't rule out the feeling of loss if the relationship filled your time and was bigger than you as an individual.

Hopefully, a couple has done everything in their power to work things out prior to getting a divorce. "With Katie Holmes, I'm sure it was a calculated, thoughtful decision. It's probably something she agonized about, something they tried to fix. The culmination of years of dissatisfaction."

Why Hollywood is addicted?

According to Katz, this addictive quality is probably why most Hollywood couples call it quits more often than not.

"It's not about Tom and Katie — the real problem with Hollywood marriages is that people get caught up in the cult of themselves," he says. "You have two beautiful people living this high life, with tons of money and who think they can do anything. They are big dreamers driven by passion. They don't realize that this isn't what life is about and that marriage, on a day-to-day basis, should be safe and predictable and somewhat mundane. It's not always going to be exciting."

Eventually, the passion wears off and all you're left with is that person warns Katz.

"You need to know each other before making the commitment to spend the rest of your life together."

Some solutions

There should be fewer marriages as people should spend far more time dating, argues Katz.

"The attraction phase lasts between one and a half to three years. Until that high wears off, you're blinded by passion and tend to make foolish decisions. So many people get married and pregnant when they're still in their drug phase. If you waited for the high to wear off, you'd think a lot more clearly about your long-term compatibility."

So how long should we be 'dating' for?

"Two and a half years," advises Katz. "What you're really looking for in a relationship is the state you're in when the drug wears off. Passion isn't a great predictor of the future — just a great feeling."

WHAT ABOUT 'HER'

In her rare post-split appearances, Katie Holmes looked relaxed and meticulously groomed. But don't try and figure out her life story from a few paparazzi shots, says dating coach Evan Marc Katz. "Since Katie Holmes announced her divorce, she's been caught on camera smiling and laughing. But we see what people give us. That she's decided to plaster a smile on her face and stand up straight says very little."

KATIE HOLMES

HOLMES VS. CRUISE

TOM CRUISE

THE CULT OF 'HE'

"Tom Cruise doesn't do things in moderation. He has no limits and isn't afraid to fail," says Katz. But there's a difference between being a good guy and a good partner. "We don't know why, but he's failed in marriage three times. If you're so committed to your work that you're emotionally unavailable and don't have time to listen because you're caught up in the cult of yourself, then you can still be a great guy, just not a great life partner." Cruise's religion, Scientology, is thought to have contributed to the split. "With anything that someone is extreme on—it makes anybody who isn't like them intolerable," says Katz.

Quoted

"There should be fewer marriages. People should spend far more time dating."
Evan Mark Katz

The cost of your inactivity

A new study says that 85 per cent of Canadians do not meet the physical activity requirements. ISTOCK PHOTOS

Finding motivation.
Lazy Canadians costing this country billions of dollars, says one Queen's health professor

CELIA MILNE
scene@metronews.ca

If you walk to the bus or subway, you might be more physically active than most Canadians.

A huge majority of people in this country don't exercise enough to maintain good health, according to a new report from Queen's University in Kingston, Ont.

This lack of movement costs us billions of dollars, says Dr. Ian Janssen (PhD), an associate professor and expert in kinesiology and health studies at Queen's.

"Ideally we would be aiming for a society where being active is the norm and not the exception," Janssen told Metro.

He suggests that 85 per cent of Canadian adults do not meet recommended levels of physical activity.

For health benefits, we should accumulate at least 150 minutes per week of moderate to vigorous physical activity such as brisk walking.

Certain groups in society are known to be more active, and subway riders measure up pretty well.

"People who rely on cars to get to work are less active, on average, than people who take the bus and other forms of public transportation such as walking to get to and from bus or subway stations to their final destination," says Janssen.

The cost of inactivity of Canadians is about $6.8 billion, he says. This includes direct health care costs such as doctors and nurses, plus the cost of absenteeism and loss of productivity. Where to find your motivation?

"For some people this may be the health benefits, for others it may be the social benefits, such as being part of a walking club, for others it may be enjoyment, for others it may be weight control," added Janssen.

The study was published in the journal Applied Physiology, Nutrition and Metabolism.

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Tuna gets tropical spin with a jicama, fennel & mango slaw

Seared Ahi Tuna with Jicama, Fennel and Mango Slaw

This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Be sure to only buy the freshest tuna you can from a reputable fishmonger. If available, ahi tuna is the best quality.

Served with this slaw, it makes for a very sophisticated dish. Jicama is a white-fleshed root vegetable, also known as a Mexican potato.

It is crunchy and sweet, and can be eaten either raw or cooked. It's usually available from May to November; if unavailable, use canned, sliced water chestnuts.

1. Make the slaw by combining the mango, fennel, jicama, red and green peppers, carrot, green onions and cilantro in a medium bowl. In a separate bowl, whisk together the olive oil, lemon juice, rice vinegar, 1 tsp sesame seeds, garlic and chili sauce. Pour over the slaw and toss to combine. Place on a serving platter.

2. Lightly coat a nonstick grill pan with cooking spray and set over high heat. Sprinkle the tuna with salt and pepper and sear for about 2 minutes per side; the center should still be raw. Remove from the heat. Slice thinly and top with the slaw.

3. Garnish with 1 tsp sesame seeds before serving.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 1 lb raw ahi tuna fillets
- pinch of salt and pepper
- 1 tsp sesame seeds

Slaw

- 1/2 cup thinly sliced mango
- 1 cup thinly sliced fennel
- 1 cup thinly sliced jicama
- 1 cup thinly sliced red bell pepper
- 1/2 cup thinly sliced green bell pepper
- 1/2 cup thinly sliced carrots
- 1/4 cup sliced green onions
- 1/4 cup chopped cilantro
- 1 tbsp olive oil
- 2 tsp lemon juice
- 1 tsp rice vinegar
- 1 tsp toasted sesame seeds
- 1 tsp finely chopped garlic
- 1/2 hot chili sauce (or finely chopped jalapeno pepper)

Health Solutions

3 reasons to figure out fish

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Deciding what to eat isn't really any more difficult than trading baseball cards.

Both games involve "got it" and "need it" to make you the winner.

Fish has few of the things you likely already "got" and many that you likely "need". Here's the rundown.

Got: Saturated Fat and Cholesterol

Chances are you are getting plenty of saturated fat and cholesterol from other animal sources. None of these sources of protein have any Omega3s to help your body manage the "bad fats". Fish does have some but it is a better ratio of protein: good/fat: bad fat.

Need: Omega 3 Fats

North Americans don't get nearly enough of this healthy, anti-inflammatory, brain and heart protective fat. Aim for three servings of fish per week and vary the source so you don't accumulate toxins from any one variety.

Need: Time

No one has too much of this on their hands and fish is the quickest cooking non-plant source protein. It needn't be any more complicated than placing a fillet on a piece of foil, sprinkling with extra virgin olive oil, salt and pepper and broiling or grilling for 10 minutes.

THERESA ALBERT IS AN AUTHOR, NUTRITIONIST AND HEALTH COMMUNICATOR IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

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Advice

How NOT to get the waiter's attention

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Currently I am travelling at sea, on the RMS Queen Mary 2 from New York to Southampton, so my column today comes to you just past the midway point for this crossing of the Atlantic Ocean.

Yesterday, while having lunch in the formal Britannia dining room, I observed what could only be described as the strangest behaviour I have ever seen in such an environment.

There was a table of eight guests in the corner with a fantastic view overlooking the ocean racing by at about 22 nautical knots.

Suddenly, one of the gentlemen at this table took his luncheon napkin from his lap and started spinning it above his head as if it were a helicopter blade and he was preparing himself for takeoff.

I must admit that at first I thought there must be some crisis, but then I very quickly realized that this gentleman was simply trying to get the attention of one of the many busy waiters.

Now it truly doesn't matter what country you are from, nor the language you speak; I refuse to believe that everyone in the world doesn't already know this is the wrong way to get a waiter's attention.

But just in case, if you are in a restaurant anywhere around the world or just at your local diner and need your waiter's attention, eye contact is ideal, but if that fails, simply putting your hand up in the air to attract your waiter will suffice. Although I have not observed it on this crossing, snapping your fingers and or "clinking" your glass with your knife blade are also completely inappropriate!

A dude's guide to dating

Q&A. MTV2's Guy Code returns for a second season

HEIDI PATALANO
Metro New York

Funnyman Andrew Schulz has strong opinions on most things — not the least of which includes women and dating. Since he's a talking head on the second season of MTV2's comedy series Guy Code, we picked Mr. Schulz's brain for a few insights on the male mind.

On a first date, what's a deal-breaker for you?
I wouldn't say there's no room for any antics on a first date — the weirder, the better, because the first date is so weird in general that if somebody does something that creates any stimulus that breaks you out of that, 'So, uh, did you study abroad? Oh, tell me about that. Oh, what are your dreams?' Anything weird!

Just do something weird — I don't care, fart. You can fart. And I'll be like, 'OK, why did you think it was OK to do that in front of me?' You know, create some conversation.

At the end of the date, a guy walks the girl to the train, makes sure she gets home OK ...
Wait, hold on, hold on, hold on. If you really wanted to make sure she gets home OK, you wouldn't put her on a subway at 12 o'clock at night. Put a girl in a cab!

Some women say, 'He was so nice, he walked me to the train,' as though that's a sign that a guy likes them. Is it?
I'll be really honest with you. We don't even know that we like you until after we sleep with you.

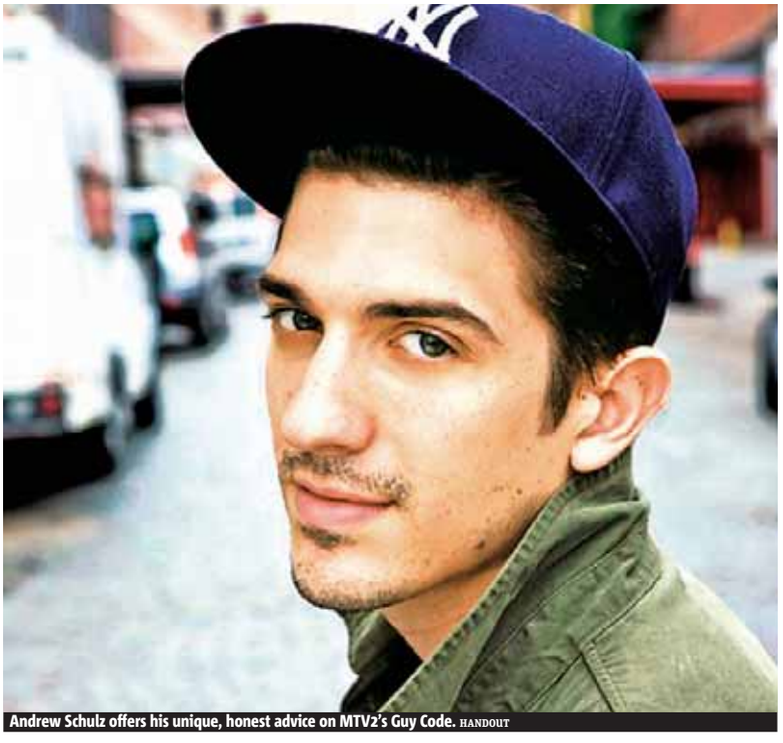
And why is that?
Because it's not even on our radar if we like you. We're so clouded by the idea of sleeping with you that we can't even focus on these qualities of you that we think we like.

'Oh, I really like how she wears red. I really like girls who wear red a lot. And she's probably really smart for knowing that she looks good in red.' So we just make up that, and after we sleep with you, we think, 'You know what? Red looks awful on you. Why would I even think that I like that?'

We have no clue until after. Initially, it's our goal to sleep with you, and it's your goal to sleep with us again. That's your hustle, right? Our anxiety is, 'Man, I don't want to f— this up,' and your anxiety is, 'I don't want to sleep with him and f— this up.'

How do you feel about the Jersey Shore idea of a grenade — a usually unattractive female friend who blocks a man's access to a potential conquest?
I think the guys on that show were having sex with their definition of grenades, which is why they were on the show.

To jump on the grenade bandwagon is totally understandable. From a girl's perspective, I go, 'That makes sense. Why would I want my friend to have sex with this random dude on TV and send her home in a cab at five in the morning so everyone can judge her?' That's not a grenade, that's a Captain America.



Andrew Schulz offers his unique, honest advice on MTV2's Guy Code. HANDOUT

A case of your (sex) life imitating art?

Survey. Kobo recently asked 50 Shades of Grey readers how their bedroom fun compares to the popular book

MELISSA REBER
For Metro

At this point, if you're not reading 50 Shades of Grey, then you're talking about it with someone who has.

The book trilogy, which gained attention for its racy bedroom scenes, has become the go-to summer read for women needing a little fictional escape.

More than 31 million copies have been sold worldwide, and Universal Pictures already plans to make it a movie. We won't be hearing the last of 50 Shades for a while.

Kobo Inc., maker of the Kobo e-Reader, has seen a large peak in interest in the erotica/romance genre since the book's launch in March. They decided to ask how 50 Shades reader's real lives compare to the steamy drama on the book's pages.

Here's what they found:

• 42 per cent said they like to take their escapades outside to the park.

• Good sex just doesn't compare to a slice of chocolate cake, as 78 per cent said they would give up sex and money before food.

• When it comes to the ultimate romantic gesture, surprising her with flowers is the best choice. It beat out a trip to Colorado and a luxury yacht cruise.

• Money narrowly beats sex, 31 to 30 per cent, when asked what people were looking for from their partners.

• Save the costumes for Halloween: silk was the No. 1 choice for bedroom attire at 40 per cent, followed by your birthday suit and heels at 31 per cent.

• 78 per cent said a little dirty talk gets them going.

• 60 per cent of people stick with a horizontal pas de deux, while a few adventurous ones try out the ménage a trois, at 32 per cent. Eight per cent can't keep track and said they "don't do math."

Life insurance at 30 is much cheaper than it will be 15 years down the road. ISTOCK IMAGES

Single, with benefits? Why you still need term life insurance

Alison's money rule. Insurance is one of the best investments you can make, especially when you're young

YOUR MONEY
Alison Griffiths
money@metronews.ca

A 30-something woman approached me the other day with thoughts of death. Single, no dependents and enjoying a good job with benefits, she asked if there's any reason why she should have life insurance.

Yes, absolutely.

First, let's talk about love. You never know when cupid will strike and it's always nice to know that if something happens to you, a future beloved will have some financial security. And life insurance at 30 is much cheaper than it will be 15 years down the road, especially if you develop a condition like high blood pressure along the way.

Another reason singles might want life insurance is for a charitable donation. Jeanine, a passionate volunteer dog walker, loved the idea of providing a bequest to her local animal shelter.

Also, she hadn't thought of insurance as a way to create an inheritance for her three nieces and a nephew. "I can adjust the beneficiaries every year depending on who thanks me for their Christmas presents," she laughs.

For others with spouses and children, there are many good reasons to have term life insurance (rather than whole life, which includes a savings component). The early to middle years are expensive with life's highest debt load and kids to raise and educate. The loss of one partner in a family can be financially devastating.

In numbers

$250,000

The average insurance death benefit in Canada

And workplace benefits usually end when the job does.

There are two rules of thumb to determine how much insurance is needed. One option is an amount that will pay off all debts, including mortgage. Or you could look at it as income replacement. Plan for at least three to five years based on the highest earner.

Typically term insurance policies run for 10, 20 or 30 years. You can renew but your rates will increase as you age. There are also term-to-100 policies, called permanent life insurance. Often you can convert a term policy to a permanent one before the age of 70.

Canada's new mortgage rules: Friend or foe?

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

While enjoying the sunshine at my local public pool on the weekend, I read up on the Government of Canada's newly tightened mortgage lending rules.

For the average Canadian home buyer, the change in the amortization period — how long it takes to pay off the mortgage — from 30 years to 25 years could translate into $300 of reduced cash flow each month.

That's equal to a couple's grocery bill or a family's annual school supplies. Over the course of a year that adds up to $3,600 — a family vacation, RRSP contribution or college tuition. But, consider that $300 in reduced cash flow an opportunity to build equity, not money for your one-night party in Whistler.

The reason for the change to the lending rules is to cool down Canada's hot real estate market by reducing the borrowing capacity of homebuyers, who in recent months have been warned about the perils of soaring debt levels — a product of lax lending policies.

Though the new rules make it harder to borrow larger sums of money, they promote frugal living, which translates into less stress and a stronger bottom line. A shorter amortization period will save Canadians boatloads of interest. It also forces buyers to think twice about purchasing a home that is too pricey.

The drawbacks associated with the new rules are that for existing homeowners with 30 to 40-year amortization periods, switching lenders or refinancing will be tough because they'll have to re-qualify under the new rules. Simply renewing with your existing lender shouldn't be an issue.

If you're in the home-buying market, don't get bummed out that you can't borrow as much. Consider it an opportunity to save more of a down payment, look for a less expensive home and negotiate harder on price.

The new rules promote frugal living, which translates to a stronger bottom line. ISTOCK IMAGES

For existing homeowners, these rules should act as additional motivation to build more equity and not accumulate additional debt.

Accelerated weekly or bi-weekly payments allow borrowers to make one to two extra payments annually and most mortgages allow you to prepay up to 20 per cent of the original amount. Accelerating payments in any form can significantly reduce total interest paid.

Kristy Wieber, co-founder and president of Rent Frock Repeat, at the company's studio in Toronto.
CHRIS YOUNG/THE CANADIAN PRESS

Formal and frugal: Stylish ways to save

Invitations to weddings, showers and stagettes often jam the summer social calendar, but they can be a drain on the finances of female guests assembling multiple ensembles.

Some fashion-conscious attendees may feel less inclined to give their new frock an immediate repeat wear while among the same circle of friends at summer festivities.

But fear not, fashionistas: formality and frugality don't need to be mutually exclusive.

For those who have combed through their own closets and exhausted borrowed finds from sisters or friends, rental services offer the promise of a fresh, off-the-rack look for less.

Rent Frock Repeat allows customers to browse online for dresses by designer, occasion, colour and body shape that can be transported anywhere in Canada.

Co-founder and president Kristy Wieber said the reasons for renting vary for each customer, with some simply wanting to experiment with new styles while others are seeking to save.

Rent Frock Repeat has an inventory of about 800 dresses in 150 styles, with sizes ranging from 0 to 16. Plus sizes up to size 24 are set to be available in the fall.

Rental fees are roughly 15 or 20 per cent of the retail cost and run from $50 to $250. Wieber said the average four-day rental is $100 to $150. Eight-day rentals are also available and women can book their look of choice up to four months in advance.

Wieber said they have had bridesmaids renting dresses, as well as brides needing frocks for the many events tied to their nuptials, such as the shower and rehearsal dinner. Some even take dresses on their honeymoon.

THE CANADIAN PRESS

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[1]Wealth Builder Mortgage is an option available only on 5-year fixed-rate and Variable Flex closed mortgages of $75,000 or more. Mandatory CIBC deposit account for mortgage payments and deposit of cash back. Up front cash back amount is repayable if mortgage is discharged, transferred or renewed before maturity date. Other conditions apply. For details, visit cibc.com/buildthousands. "Life adds up. Your finances should too." and Design and CIBC Wealth Builder Mortgage are TMs of CIBC. "CIBC For what matters." is a trademark of CIBC.

4 SPORTS

CHL

"The Memorial Cup was donated in 1919 to honour Canada's war fallen. It is unfortunate and deplorable to see it in such a state. The damages that were caused will be billed to the team."

A statement from Quebec Major Junior Hockey League commissioner Gilles Courteau on Monday. A summer of celebrations by the Shawinigan Cataractes has left the Memorial Cup looking like a train wreck. Pictures published Monday by l'Echo de Shawinigan show the top of the 93-year-old cup bashed in and the two hockey player figurines on either side of the bowl missing. The newspaper said the wooden base was also cracked. How the damage occurred was unclear. Each player on the championship team was allowed to have the cup for 24 hours to celebrate in his hometown.
The Cataractes won the cup on home ice by defeating the London Knights in the junior hockey final in May. League spokesman Photi Sotiropoulos said the cup will be returned to the Canadian Hockey League, which will have it repaired.
There was no estimate on the cost of repairs. Winning teams that want to have the trophy over the off-season must take out $50,000 in insurance against damages. THE CANADIAN PRESS

Mobile sports

Tied for an American League wild-card spot after a 14-2 July, the Oakland Athletics' surge up the standings is creating a buzz throughout baseball. Can GM Billy Beane's new bunch of no-names and up-and-comers create a real-life Moneyball sequel? Scan the code for the story.

CFL. Stamps shore up secondary with Kornegay

The Calgary Stampeders bolstered their secondary Monday by signing veteran defensive back Tad Kornegay.

Kornegay is entering his eighth CFL season, having played previously with Hamilton, Saskatchewan and B.C. The former Fordham University star earned Grey Cup rings with the Roughriders in 2007 and last year with the Lions.

Kornegay appeared in 15 games last season with Saskatchewan and B.C., registering 39 tackles, two interceptions, two fumble recoveries and five pass knockdowns. THE CANADIAN PRESS

Tad Kornegay, right, knocks the ball away from Winnipeg's Clarence Denmark in the Grey Cup game last November. GETTY IMAGES

NHL. Byfuglien pleads guilty to careless boating

Winnipeg Jets defenceman Dustin Byfuglien has avoided a trial on drunken-boating charges by pleading guilty to careless boating.

Byfuglien reached a plea deal on Monday, the day his trial was to start in Minneapolis, Minn.

Byfuglien was charged last August with boating under the influence and refusing to take a chemical test after an incident on suburban Lake Minnetonka, Minn. Careless boating is a misdemeanour, and Byfuglien was sentenced to a year's probation, two days of public service, a $1,000 US fine and a day in an alcohol-education program. THE ASSOCIATED PRESS

Quoted

"After allowing the legal process to play out, we are thankful to see this matter resolved to the satisfaction of all parties involved." Jets general manager Kevin Cheveldayoff in a statement

Nash gets his wish

NHL. Columbus sends star forward to New York Rangers in package deal

The New York Rangers have a new star forward.

The Columbus Blue Jackets have one less headache and three more quality players.

The Blue Jackets finally met captain Rick Nash's midseason request and dealt him on Monday along with a third-round pick and a minor-league defenceman to the Rangers for centres Brandon Dubinsky and Artem Anisimov, defenceman Tim Erixon and a first-round pick next year.

The deal gives the Rangers a big, sturdy right wing to add to their core of solid young players and also helps them counter moves made by other Eastern Conference powers this off-season. Nash will join a New York offence that includes captain Ryan Callahan, Brad Richards and Marian Gaborik.

The Rangers were the No. 1 seed in the Eastern Conference last season and just missed out on the Presidents' Trophy for most regular-season points. New York defeated Ottawa and Washington in the playoffs before losing to New Jersey in the conference finals in six games. Nash immediately improves their credentials and gets them — on paper, at least — closer to their first Stanley Cup since 1994.

The Blue Jackets, meanwhile, ended months of speculation about what they would do after Nash went to management in January and asked to be traded. He later said, in a curious bit of logic, that one of his main goals was making the Blue Jackets stronger.

"The biggest thing is that when management said when they were going to make a rebuild and a reshape, I thought the best thing for the team and the organization would be to get assets for me," Nash said. "And I thought it would be best for my career."

The move to New York and a perennial playoff team should be a boon to his career, although it will require a major alteration in his lifestyle. Quiet and almost shy, Nash enjoyed playing golf at nice courses and walking around Columbus virtually unnoticed. That will end when he takes his act to the Big Apple.

Nash, the oldest player in the deal at 28, is one of the most decorated players in the league. He is a five-time all-star who helped Canada win a gold medal in the 2010 Olympics. THE ASSOCIATED PRESS

Salary cap hit

- Nash is in the third year of an eight-year contract he signed in 2010, which has an average annual value of $7.8 million US.
- The total salary-cap hit of Dubinsky, Anisimov and Erixon is almost exactly the same.

Rick Nash controls the puck against the Chicago Blackhawks in January. JONATHAN DANIEL/GETTY IMAGES

NHL

Bruins sign coach Julien to contract extension

The Boston Bruins have signed coach Claude Julien to a multi-year contract extension.

The deal comes a year after Julien led the team to the 2011 Stanley Cup championship — its first in 39 years.

In five seasons with Boston, Julien has a record of 228-132-50. He is third in franchise history with 410 games coached and fourth in wins, trailing Art Ross, Milt Schmidt and Don Cherry.

Under Julien, the Bruins have never missed the playoffs. They are 36-27 in the post-season since he arrived in 2007.

He was the NHL's coach of the year in 2009. THE ASSOCIATED PRESS

NHL

NHL and players set for more talks

The NHL and the NHL Players' Association are set for another round of negotiations this week with the hope of establishing a new collective bargaining agreement before the current one expires on Sept. 15. THE ASSOCIATED PRESS

CFL

Lions' Mitchell banned 2 games

The CFL suspended Khalif Mitchell for two games without pay on Monday after the B.C. Lions defensive tackle hyperextended the arm of Edmonton offensive lineman Simeon Rottier on Friday night. THE ASSOCIATED PRESS

Sports in pictures

1 NHL. Oilers sign Yakupov to 3-year deal

The Edmonton Oilers have signed their top overall draft pick Nail Yakupov to a three-year entry-level deal.

The right-winger was picked first in this year's draft, as Edmonton held the top pick for the third straight year. THE CANADIAN PRESS

2 NFL. Chad is a Johnson once more

Chad Ochocinco is officially no more. The Miami Dolphins wide receiver has changed his name back to the original Chad Johnson. THE ASSOCIATED PRESS

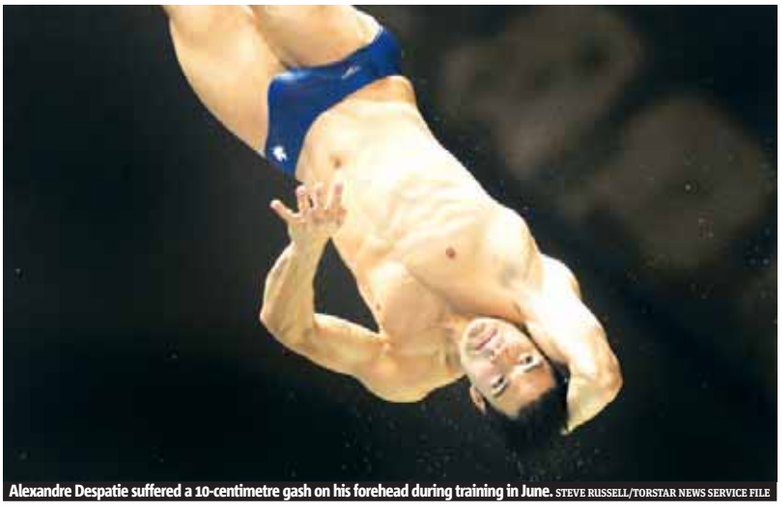
3 NHL. Kris Versteeg back with Panthers

The Florida Panthers and right wing Kris Versteeg have agreed to a four-year contract.

The deal was one of the top off-season priorities for the reigning Southeast Division champions and cut the need for a scheduled Monday arbitration hearing. THE ASSOCIATED PRESS

Fun strangely absent for Canada

Projections. Crashes, injuries and setbacks have hampered preparation for London


Alexandre Despatie suffered a 10-centimetre gash on his forehead during training in June. STEVE RUSSELL/TORSTAR NEWS SERVICE FILE

Canada's road to London has been a bumpy one.

Equestrian champion Eric Lamaze's horse died during a competition, Alexandre Despatie smacked his head on the diving board, triathlete Paula Findlay has been hindered by a hip injury, and a star hurdlers Perdita Felicien and Priscilla Lopes-Schliep didn't even make the Olympic team.

Three-time world champion boxer Mary Spencer required divine intervention by the International Olympic Committee just to get to the Games.

And then there was cyclist Ryder Hesjedal, who went down in a pile of bodies and bikes during the Tour de France. The silver lining is he'll get some rest before the men's road race and time trial in London.

But Canada's athletes will put the pre-Games bad luck behind them when the Summer Olympics officially kick off with Friday's opening ceremonies in East London.

Competition starts earlier than that, though. Canada faces Japan in a preliminary-round women's soccer match Wednesday.

Simon Whitfield, winner of triathlon gold in 2000 and silver in 2008, will carry the Maple Leaf into the opening ceremonies and represent the 277 Canadians competing.

Canada's objective of a top-12 finish among the 200-odd countries is a reach.

Quoted

"We've been pretty conservative in our medal projections.... Anything better than what we won in Beijing would be great."

Anne Merklinger, head of Canada's Own the Podium program.

Patience necessary

Canada was a slow starter in both 2004 and 2008.

- The opening seven days of competition in Athens produced one bronze medal. Canada was shut out the first seven days in Beijing.

Using the 2008 Olympics in Beijing as a gauge, Canada needs 24 medals, which would be the most ever for this country at a non-boycotted Summer Games. The previous high was 22 in 1996.

Canada tied for 14th in Beijing with 18 and won just 12 in Athens in 2004 to finish 19th.

The country isn't as deep in summer-sport talent as it is in winter. Canada can't afford any more misfortune if it is to finish among the top-dozen countries in London.

"Top 12 in 2012 is an ambitious goal, but when you're striving for new levels of excellence, that's always going to be challenging," says Chris Overholt, chief executive officer of the Canadian Olympic Committee.

Think of the total number of medals to be won as a pie. China, the United States, host Britain, Russia, Germany and Australia will eat almost half of it.

Japan, France, Italy and South Korea will fork out healthy slices for themselves. Canada has to elbow aside Spain, Cuba, Belarus, Brazil, the Netherlands and Ukraine to get a piece.

"The medal race is so, so tight," says Anne Merklinger, head of the Own the Podium program. "We know one medal is going to make the difference between 13th and 20th."

If you put stock in such things, a USA Today online projector forecasts that Canada will win 18 medals again with five gold, six silver and seven bronze.

USA Today says the number is "based on an algorithm that monitors athletes' performances leading up to the Games."

Sports Illustrated projects 17 medals (2-8-7) for Canada.

THE CANADIAN PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	57	38	.600	—
Baltimore	51	45	.531	6½
Tampa Bay	49	47	.510	8½
Toronto	48	47	.505	9
Boston	48	49	.495	10

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	52	44	.542	—
Chicago	51	45	.531	1
Cleveland	48	48	.500	4
Kansas City	40	54	.426	11
Minnesota	40	56	.417	12

WEST DIVISION

	W	L	Pct	GB
Texas	57	38	.600	—
Los Angeles	52	44	.542	5½
Oakland	51	44	.537	6
Seattle	42	55	.433	16

Monday's results
Cleveland 3, Baltimore 1
Texas 9, Boston 1
Chicago White Sox 7, Minnesota 4
Kansas City at L.A. Angels
N.Y. Yankees at Seattle

Sunday's results
Detroit 6, Chicago White Sox 4
Toronto 15, Boston 7
Seattle 2, Tampa Bay 1
Minnesota 7, Kansas City 5
Baltimore 4, Cleveland 3
Oakland 5, N.Y. Yankees 4, 12 innings
L.A. Angels 7, Texas 4

Tuesday's games
Detroit (Fister 4-6) at Cleveland (Jimenez 8-9), 7:05 p.m.
Tampa Bay (Hellickson 4-6) at Baltimore (W.Chen 8-5), 7:05 p.m.
Oakland (Blackley 2-2) at Toronto (Cecil 2-2), 7:07 p.m.
Boston (Buchholz 8-3) at Texas (M.Perez 1-1), 8:05 p.m.
Minnesota (De Vries 2-2) at Chicago White Sox (Quintana 4-1), 8:10 p.m.
Kansas City (W.Smith 1-3) at L.A. Angels (Richards 3-1), 10:05 p.m.
N.Y. Yankees (F.Garcia 4-3) at Seattle (F.Hernandez 8-5), 10:10 p.m.

Wednesday's games
Minnesota at Chicago White Sox, 2:10 p.m.
Kansas City at L.A. Angels, 3:35 p.m.
N.Y. Yankees at Seattle, 3:40 p.m.
Detroit at Cleveland, 7:05 p.m.
Tampa Bay at Baltimore, 7:05 p.m.
Oakland at Toronto, 7:07 p.m.
Boston at Texas, 8:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	56	39	.589	—
Atlanta	52	44	.542	4½
New York	47	49	.490	9½
Miami	45	51	.469	11½
Philadelphia	43	54	.443	14

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	55	40	.579	—
Pittsburgh	54	41	.568	1
St. Louis	50	46	.521	5½
Milwaukee	44	51	.463	11
Chicago	39	56	.411	16
Houston	34	62	.354	21½

WEST DIVISION

	W	L	Pct	GB
San Francisco	53	42	.558	—
Los Angeles	53	44	.546	1
Arizona	47	48	.495	6
San Diego	41	56	.423	13
Colorado	36	58	.383	16½

Monday's results
Chicago Cubs 2, Pittsburgh 0
Philadelphia 7, Milwaukee 6
Miami 2, Atlanta 1
Washington 8, N.Y. Mets 2, 10 innings
L.A. Dodgers 5, St. Louis 3
Cincinnati at Houston
Colorado at Arizona
San Diego at San Francisco

Sunday's games
L.A. Dodgers 8, N.Y. Mets 3, 12 innings
Cincinnati 2, Milwaukee 1
Washington 9, Atlanta 2
Pittsburgh 3, Miami 0
Philadelphia 4, San Francisco 3, 12 innings
St. Louis 7, Chicago Cubs 0
San Diego 3, Colorado 2
Arizona 8, Houston 2

Tuesday's games
Chicago Cubs (Maholm 8-6) at Pittsburgh (Ja.McDonald 10-3), 7:05 p.m.
Milwaukee (Greinke 9-3) at Philadelphia (Cl.Lee 1-6), 7:05 p.m.
Atlanta (T.Hudson 8-4) at Miami (Buehrle 9-9), 7:10 p.m.
Washington (G.Gonzalez 12-5) at N.Y. Mets (Dickey 13-1), 7:10 p.m.
Cincinnati (Leake 3-6) at Houston (Harrell 7-7), 8:05 p.m.
L.A. Dodgers (Kershaw 7-5) at St. Louis (Wainwright 7-10), 8:15 p.m.
Colorado (D.Pomeranz 1-5) at Arizona (J.Saunders 4-6), 9:40 p.m.
San Diego (Volquez 6-7) at San Francisco (Bumgarner 11-6), 10:15 p.m.

Wednesday's games
Washington at N.Y. Mets, 12:10 p.m.
Chicago Cubs at Pittsburgh, 12:35 p.m.
Atlanta at Miami, 12:40 p.m.
Milwaukee at Philadelphia, 1:05 p.m.
San Diego at San Francisco, 3:45 p.m.
Cincinnati at Houston, 8:05 p.m.
L.A. Dodgers at St. Louis, 8:15 p.m.
Colorado at Arizona, 9:40 p.m.

SUNDAY

BLUE JAYS 15, RED SOX 7

Toronto	ab	r	h	bi	Boston	ab	r	h	bi
Lawrie 3b	5	3	2	1	Ellsury cf	5	2	2	1
YEscor ss	4	2	3	0	Nava lf	4	0	0	0
Rasms cf	6	2	2	2	Pedroia 2b	4	1	1	0
Encrnc 1b	2	2	1	2	AdGnzl 1b	4	2	2	3
Arencii dh	4	1	1	4	C.Ross dh	4	0	0	0
Lind ph-dh	1	0	1	0	Sltlmch c	4	0	1	0
RDavis rf	4	3	3	2	Sweeny rf	2	1	1	0
Snider lf	4	1	2	3	Ciriaco ph-rf	1	0	0	0
Mathis c	4	0	1	1	Aviles ss	3	1	1	2
Vizquel 2b	5	1	2	0	Punto 3b	4	0	1	1
Totals	**39**	**15**	**18**	**15**	**Totals**	**35**	**7**	**9**	**7**
Toronto					**540 020 040**		**15**		
Boston					**300 112 000**		**7**		

DP—Boston 3. LOB—Toronto 6, Boston 3. 2B—Encarnacion (19), R.Davis (11), Sweeney (18), Aviles (24). HR—Lawrie (9), Arencibia (15), R.Davis (5), Snider (1), Ellsbury (1), Ad.Gonzalez (9). S—Y.Escobar, Mathis. SF—Encarnacion, Snider, Aviles.

Toronto	IP	H	R	ER	BB	SO
H.Alvarez W,6-7	5 2-3	8	7	7	1	2
Beck	0	1	0	0	0	0
Loup	2 1-3	0	0	0	0	2
A.Carpenter	1	0	0	0	0	1
Boston						
Lester L,5-8	4	9	11	11	5	2
Tazawa	3	2	0	0	0	5
Melancon	1-3	5	4	4	0	0
Albers	2-3	1	0	0	0	0
Aceves	1	1	0	0	0	1

Lester pitched to 2 batters in the 5th.
Beck pitched to 1 batter in the 6th.
WP—Lester.
T—3:28. A—37,737 (37,067) at Boston.

TRANSACTIONS

MLB

AMERICAN LEAGUE

BALTIMORE ORIOLES — Assigneed OF Raymond Hunnicutt to the Gulf Coast Orioles.
CHICAGO WHITE SOX — Reinstated RHP Gavin Floyd from the 15-day DL.
DETROIT TIGERS—Acquired RHP Anibal Sanchez, 2B Omar Infante and a compensation draft choice between the first and second round of the 2013 MLB first-year player draft from the Miami Marlins for RHP Jacob Turner, LHP Brian Flynn, C Rob Brantly and a compensation draft choice between the second and third round of the 2013 draft.
LOS ANGELES ANGELS — Reinstated RHP Dan Haren from the 15-day DL. Optioned RHP David Carpenter and OF Kole Calhoun to Salt Lake (PCL). Recalled SS Jean Segura from Arkansas (TL).
SEATTLE MARINERS — Traded OF Ichiro Suzuki and cash considerations to the N.Y. Yankees for RHP D.J. Mitchell and RHP Danny Farquhar.
TEXAS RANGERS — Placed RHP Colby Lewis on the 15-day DL, retroactive to July 19. Recalled LHP Martin Perez from Round Rock (PCL).

NATIONAL LEAGUE

LOS ANGELES DODGERS — Reinstated RHP Chad Billingsley from the 15-day DL. Optioned RHP Josh Wall to Albuquerque (PCL).
PITTSBURGH PIRATES — Assigned SS Maxwell Moroff and RHP Hayden Hurst to the Gulf Coast Pirates.
WASHINGTON NATIONALS — Placed SS Ian Desmond on the 15-day DL, retroactive to July 22. Recalled OF Corey Brown from Syracuse (IL).

BASKETBALL

NBA

BROOKLYN NETS — Signed G C.J. Watson.
CHICAGO BULLS — Signed G Kirk Hinrich.

FOOTBALL

NFL

ATLANTA FALCONS — Signed LB Mike Peterson.
CAROLINA PANTHERS — Traded OT Jeff Otah to the N.Y. Jets for an undisclosed conditional draft choice.
DETROIT LIONS — Terminated the contract of CB Aaron Berry. Signed OT Riley Reiff.
HOUSTON TEXANS — Signed WR DeVier Posey.
NEW ENGLAND PATRIOTS — Signed DL Kyle Love.
NEW YORK JETS—Acquired T Jeff Otah from the Carolina Panthers for an undisclosed conditional draft choice. Placed S LaRon Landry, LB Demario Davis, WR Jordan White and G Terrence Campbell on the physically unable to perform list.
OAKLAND RAIDERS — Traded WR Louis Murphy to Carolina for an undisclosed conditional draft choice
PITTSBURGH STEELERS — Signed OT Bridger Buche to a one-year contract.
SAN FRANCISCO 49ERS — Signed CB Darcel McBath to a one-year contract.

HOCKEY

NHL

BOSTON BRUINS — Signed coach Claude Julien to a multi-year contract extension.
CAROLINA HURRICANES — Signed LW Drayson Bowman to a two-year, two-way contract.
CHICAGO BLACKHAWKS — Extended their affiliation agreement with Toledo (ECHL) through the 2013-14 season.
COLUMBUS BLUE JACKETS — Traded F Rick Nash, D Steven Delisle and a 2013 conditional third-round draft pick to the N.Y. Rangers for C Brandon Dubinsky, C Artem Anisimov, D Tim Erixon and a 2013 first-round draft pick.
EDMONTON OILERS — Signed RW Nail Yakupov to a three-year, entry-level contract.
FLORIDA PANTHERS — Agreed to terms with RW Kris Versteeg on a four-year contract.
MONTREAL CANADIENS — Signed F Alex Galchenyuk to a three-year, entry-level contract.
NASHVILLE PREDATORS — Signed F Jack Maclellan to a one-year, two-way contract. Agreed to terms with F Sergei Kostitsyn on a two-year contract.
OTTAWA SENATORS — Re-signed F Kaspars Daugavins to a one-year contract.
WASHINGTON CAPITALS — Named Tim Hunter assistant coach.
WINNIPEG JETS — Agreed to terms with F Maxime Macenauer. Extended their affiliation agreement with St. John's (AHL) through the 2014-15 season.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
New York	21	11	5	5	37	29	38
Kansas City	21	11	6	4	26	19	37
Houston	21	9	5	7	31	25	34
D.C.	20	10	7	3	34	27	33
Chicago	20	9	7	4	22	22	31
Columbus	18	7	7	4	18	19	25
Montreal	23	7	13	3	30	42	24
New England	20	6	9	5	25	25	23
Philadelphia	18	6	10	2	20	21	20
Toronto	20	5	11	4	24	36	19

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
San Jose	22	13	5	4	44	27	43
Real Salt Lake	22	12	7	3	33	26	39
Vancouver	22	9	6	7	25	26	34
Seattle	20	8	5	7	25	21	31
Los Angeles	22	9	10	3	38	35	30
Chivas USA	19	6	8	5	13	21	23
Colorado	21	7	13	1	27	30	22
Dallas	22	5	10	7	25	30	22
Portland	20	5	11	4	19	35	19

Sunday's result
Vancouver 2, San Jose 1

Wednesday's game
At Chester, Pa.
Chelsea vs. MLS All-Stars, 8:30 p.m.

Friday's game
Vancouver at Real Salt Lake, 9 p.m.

Saturday's games
Houston at Toronto, 4:30 p.m.
New York at Montreal, 7:30 p.m.
Los Angeles at Dallas, 8 p.m.
Columbus at Kansas City, 8:30 p.m.
Seattle at Colorado, 9 p.m.
Chicago at San Jose, 10:30 p.m.
Chivas USA at Portland, 11 p.m.

Sunday's game
New England at Philadelphia, 7 p.m.

GOLF

WORLD RANKING

Through July 22

1. Luke Donald	Eng	9.81
2. Tiger Woods	USA	8.45
3. Rory McIlroy	NIr	8.41
4. Lee Westwood	Eng	7.89
5. Webb Simpson	USA	6.47
6. Adam Scott	Aus	6.27
7. Bubba Watson	USA	6.23
8. Jason Dufner	USA	5.87
9. Matt Kuchar	USA	5.75
10. Justin Rose	Eng	5.47
11. Graeme McDowell	NIr	5.38
12. Zach Johnson	USA	5.31
13. Hunter Mahan	USA	5.26
14. Steve Stricker	USA	4.90
15. Ernie Els	SAf	4.81
16. Dustin Johnson	USA	4.71
17. Phil Mickelson	USA	4.52
18. Martin Kaymer	Ger	4.50
19. Louis Oosthuizen	SAf	4.43
20. Rickie Fowler	USA	4.39
21. Jason Day	Aus	4.31
22. Charl Schwartzel	SAf	4.28
23. Francesco Molinari	Ita	4.17
24. Brandt Snedeker	USA	4.14
25. Sergio Garcia	Esp	3.97
26. Bill Haas	USA	3.80
27. Keegan Bradley	USA	3.77
28. Ian Poulter	Eng	3.75
29. Bo Van Pelt	USA	3.70
30. Peter Hanson	Swe	3.68
31. Paul Lawrie	Sco	3.53
32. Nick Watney	USA	3.53
33. Nicolas Colsaerts	Bel	3.42
34. Jim Furyk	USA	3.33
35. John Senden	Aus	3.25
36. K.J. Choi	Kor	3.24
37. David Toms	USA	3.21
38. Martin Laird	Sco	3.07
39. Carl Pettersson	Swe	3.04
40. Thomas Bjorn	Den	3.02
41. Fredrik Jacobson	Swe	2.82
42. Bae Sang-moon	Kor	2.74
43. Gonzalo Fernandez-Castano	Esp	2.72
44. Rafael Cabrera Bello	Esp	2.70
45. Mark Wilson	USA	2.69
46. Alvaro Quiros	Esp	2.68
47. Simon Dyson	Eng	2.67
48. Geoff Ogilvy	Aus	2.63
49. Jonathan Byrd	USA	2.61
50. Kevin Na	USA	2.59
51. Aaron Baddeley	Aus	2.55
52. Branden Grace	SAf	2.53
53. Anders Hansen	Den	2.46
54. Ben Crane	USA	2.44
55. Robert Karlsson	Swe	2.41
56. Kyle Stanley	USA	2.40
57. Michael Thompson	USA	2.31
58. Alexander Noren	Swe	2.28
59. Marcel Siem	Ger	2.28
60. Padraig Harrington	Irl	2.23
61. Robert Rock	Eng	2.17
62. Greg Chalmers	Aus	2.15
63. Jamie Donaldson	Wal	2.12
64. Ryo Ishikawa	Jpn	2.11
65. Matteo Manassero	Ita	2.08
66. John Huh	USA	2.08
67. Retief Goosen	SAf	2.08
68. Rory Sabbatini	SAf	2.07
69. Miguel A Jimenez	Esp	2.07
70. Robert Garrigus	USA	2.07
71. Johnson Wagner	USA	2.05
72. Hiroyuki Fujita	Jpn	2.05
73. Spencer Levin	USA	2.03
74. Ryan Moore	USA	2.02
75. George Coetzee	SAf	1.99

CFL

WEEK FIVE

All Times Eastern

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Hamilton	4	2	2	0	127	133	4
Toronto	4	2	2	0	106	113	4
Montreal	4	2	2	0	108	139	4
Winnipeg	4	0	4	0	78	141	0

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Saskatchewan	4	3	1	0	121	78	6
Edmonton	4	3	1	0	89	56	6
Calgary	4	2	2	0	147	120	4
B.C.	4	2	2	0	106	102	4

WEEK FIVE
Thursday's game
Edmonton at Winnipeg, 8:30 p.m.
Friday's game
Toronto at Montreal, 7:30 p.m.
Saturday's games
Hamilton at Saskatchewan, 6 p.m.
B.C. at Calgary, 9 p.m.
WEEK FOUR
Saturday's result
Hamilton 39 Montreal 24
Friday's result
Edmonton 27 B.C. 14
Thursday's result
Calgary 41 Saskatchewan 38 (OT)
Wednesday's result
Toronto 25 Winnipeg 22

TENNIS

ATP WORLD TOUR FARMERS CLASSIC

At Los Angeles
Singles
First Round
Paul Capdeville, Chile, def. Igor Kunitsyn, Russia, 6-4, 7-6 (5).

ATP WORLD TOUR BET-AT-HOME CUP KITZBUEHEL

At Kitzbuehel, Austria
Singles
First Round
Antonio Veic, Croatia, def. Blaz Kavcic (8), Slovenia, 6-1, 6-2.
Filippo Volandri, Italy, def. Alessandro Gannessi, Italy, 1-6, 6-4, 6-3.
Attila Balazs, Hungary, def. Martin Fischer, Austria, 6-3, 1-6, 7-6 (2).
Martin Klizan (5), Slovakia, def. Dominic Thiem, Austria, 6-1, 3-6, 7-5.
Jurgen Zopp, Estonia, def. Guillermo Garcia-Lopez (6), Spain, 6-1, 6-3.

WTA BAKU CUP

At Baku, Azerbaijan
Singles
First Round
Mandy Minella, Luxembourg, def. Wang Qiang, China, 6-2, 5-7, 6-3.
Tamarine Tanasugarn, Thailand, def. Varvara Flink, Russia, 3-6, 6-3, 6-2.
Alla Kudryavtseva, Russia, def. Kamilla Farhad, Azerbaijan, 6-1, 6-0.
Aleksandra Krunic, Serbia, def. Andrea Hlavackova (4), Czech Republic, 6-1, 6-7 (11), 6-4.
Valeria Solovieva, Russia, def. Olga Savchuk, Ukraine, 1-6, 6-3, 7-6 (1).

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Horoscopes

♈ Aries
March 21 - April 20
Your thoughts will be "out there" today. Whether they bear any relation to reality remains to be seen but no one can accuse you of lacking vision — or playing down your capabilities. You build your own future.

♉ Taurus
April 21 - May 21
You will get the chance to improve your reputation for tolerance. Allow yourself to be open to suggestions, but make sure they are suggestions from people you know you can trust. Don't take tolerance too far.

♊ Gemini
May 22 - June 21
You will have plenty to say for yourself over the next 24 hours and not all of it will be music to other people's ears. But someone needs to spell out the truth this coming week. That someone is you.

♋ Cancer
June 22 - July 23
You will have some money-making ideas over the next few days. Not that money is everything but it is a means to an end and it's your right, even your duty, to make sure you've got enough of it.

♌ Leo
July 24 - Aug. 23
The planets indicate the more chances you take now, the more likely it is you will make a major breakthrough over the next few weeks. In your personal life and your career, don't let anyone limit you.

♍ Virgo
Aug. 24 - Sept. 23
You could get worked up for no good reason today. Where is that cool Virgo who never shows any sign of emotion? No matter what happens over the next 24 hours, it isn't worth getting upset about.

♎ Libra
Sept. 24 - Oct. 23
Everyone seems to want your advice right now and you're quite happy to give it. Your social life will also be good over the next few days – but don't let it get out of hand.

♏ Scorpio
Oct. 24 - Nov. 22
You know what you should be doing with your life and you know that you need to make a start soon. Why not make it today? Don't plan too far ahead. In fact, plan only for the next 24 hours.

♐ Sagittarius
Nov. 23 - Dec. 21
You seem to have the gift of the gab at the moment. You sound so convincing that others believe anything you say. That means you have a responsibility to make sure that what you say is the truth.

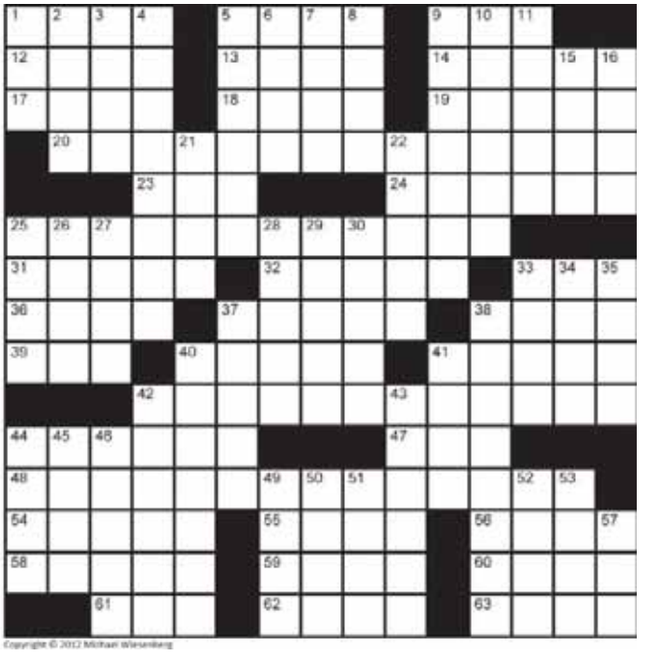
♑ Capricorn
Dec. 22 - Jan. 20
Come out of your shell and take a few risks. With Mercury linked to Jupiter, planet of luck and good fortune, you won't put a foot wrong over the next 24 hours, so what are you waiting for? Be extraordinary.

♒ Aquarius
Jan. 21 - Feb. 19
You know that a relationship problem needs to be dealt with sooner rather than later, so get on and do what has to be done. Someone has to make the first move and that someone will have to be you.

♓ Pisces
Feb. 20 - March 20
Can you make a difference in the world? Of course you can. But you won't make any difference at all until you get out of your chair and do something. Once you start moving you won't be able to stop. **SALLY BROMPTON**

Crossword: Quotable Notable

BY MICHAEL WIESENBERG



Across
1. Small British sports cars
5. Sax type
9. Bell and Kettle, e.g.
12. 1979 Iranian exile
13. Québec-born chanteuse Celine
14. Assume the role of
17. Org. to which Hungary, Poland, Czech Republic, and others, belong
18. Boxing Day event
19. Snow: Fr.
20. With 25-, 33-, 42-, 61, and 62-Across, 48-Across quote
23. Part of t.i.d., in prescriptions
24. They're gripping
25. See 20-Across
31. Diacritical mark resembling an inverted caret, most often seen in Czech
32. Male swine
33. See 20-Across
36. Pain
37. Fishing site
38. The Kingston ___
39. Bout ref's call
40. Breakfast spots
41. South American ringtailed carnivore
42. See 20-Across
44. Fortuneteller's cards
47. Leading dye brand
48. The quintessential Canadian humorist
54. Old Turkish VIP
55. "Skip ___ Lou": kids' song
56. Canadiens or Jets
58. Beer glass
59. I know: Lat.
60. Aware of
61. See 20-Across
62. See 20-Across
63. Montréal summers

Down
1. Alternative to AOL or Yahoo!
2. Indian mountain range or pass
3. Big financial setback, figuratively
4. Something to keep loafers in shape
5. Accumulate on a surface, as a dissolved substance
6. Prevaricator
7. Tattled
8. About half of all binary code
9. Some envelopes
10. Passed (a test) with ease
11. Crooked site in a nursery rhyme
15. Antiquing agent for furniture
16. Areas on movie lots
21. Welsh emblem
22. Copycats
25. Not this
26. Break into the system
27. Acoustical engineer's concern
28. Electronic attempt to subvert our reading habits
29. *Willy ___ and the Chocolate Factory*
30. "... would thou ___ ne'er been born": Othello
33. Gets ___ deal: is treated unfairly
34. 1920s leading lady ___ Naldi (anagram of TINA)
35. Deliver the coup de grâce to
37. Band of bandit baggers
38. Direct, as a confrontation
40. "Famous" company that sponsors an annual hotdog eating contest where it all started, Coney Island
41. Currently fashionable
42. *Two Women* Oscar winner Loren
43. One may come in a box of 64
44. Cooking amts.
45. Rat follower
46. Darn again
49. US agcy. that investigates crashes
50. Crazy
51. Mideast ruler
52. 1/100 of a loonie
53. Actress Hudson or Winslet
57. ___ Eisley, *Star Wars* cantina town

Friday's crossword

What's online

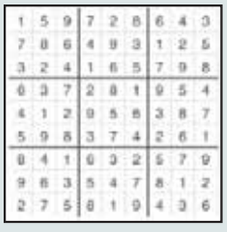
See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	6				2		4	
4		5	9		8			7
3		8			4	1		9
2				5	3			
	9	4				3	7	
			4	9				8
9		2	6			4		1
8			2		1	5		6
	5		3				8	

Friday's Sudoku



Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 22° MIN: 12°	MAX: 22° MIN: 14°	MAX: 23° MIN: 14°

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